

Some people bleed more than others

Periods occur every month, at around the same date

Every girl starts their period at the age of 12

The flow (amount of blood) of your period can change

Some girls miss school because they can't afford period products

On average a women menstruates for about 7 years during their lifetime

1.3 billion people globally lack basic sanitation

On average you should change your tampon every 4-6 hours

You can't go swimming when you're on your period

If you are sleeping for more than 8 hours it is recommended that you use a pad rather than a tampon

You can't get pregnant during your period

Tampons and pads are your only choice for period products