

1. Why do we call a woman's cycle an ovulation cycle instead of a menstrual cycle?

*Even though menstruation is the most **visible sign** of the cycle, ovulation is the most important event.*

2. Why is ovulation a sign of health?

Ovulation is a sign of health as it indicates that all of your hormones are working correctly, at the right times and levels. This means that your body is benefiting from all of the health effects that these hormones promote in our body. It also tells us that the brain and our reproductive system are communicating effectively!

3. Circle True or False:

- a) Ovulation makes the hormones your body needs to be strong and healthy. **True** / False

Yes, it's true because ovulation is an indication that the main reproductive hormones are doing what they need to do. When that is happening, the rest of your body systems can function at full capacity.

- b) Ovulation tells you that you are not pregnant.

True / **False**

This is false because ovulation doesn't equal pregnancy. Ovulation is a sign of health. All women of reproductive age need to ovulate for the health of their whole body.

- c) Ovulation affects your brain, bones, immune system, skin, mood and more!

True / False

This is true, because we know that estrogen and progesterone have effects on many different body systems. If we aren't ovulating, we're not producing the right amounts of estrogen and progesterone that all our body systems need!

d) Ovulation produces progesterone which helps you sleep.

True / False

This is true! This might be why you have great sleep leading up to your period.

4. What is the biggest difference between male and female hormonal patterns (there can be more than one correct answer):

a) men do not have hormonal cycles

b) girls get more emotional from hormones

c) the female cycle repeats more or less monthly

Both men and women have a hormonal cycle.

d) the male cycle repeats daily

Men's cycle repeats daily. Women's cycle repeats more or less monthly.

5. What is the most interesting thing you learned in this lesson?

Ask students if they'd like to volunteer to share their responses to this question.

6. Who is a trusted adult you can talk to if you have specific questions about menstruation and how to prepare for it?

Reiterate to students that it's important to speak to a trusted adult who wants the best for you and not just follow the advice of a social media influencer or an internet search when it comes to important personal health and well being decisions.