



it's normal,  
Period!™

# Formative Assessment

Name of institution: \_\_\_\_\_

Student Name: \_\_\_\_\_ (Optional)

1. On a scale of 0 - 10, how much did you know about your periods before the workshop?

*Nothing*    0    1    2    3    4    5    6    7    8    9    10    *Alot*

2. On a scale of 0 - 10, how much did the workshop help you to understand periods better?

*Not at all*    0    1    2    3    4    5    6    7    8    9    10    *Extremely*

3. Could you calculate your menstrual cycle before the workshop?

Yes  No

4. On a scale of 0 - 10, how has the workshop helped you to accurately calculate your cycle length?

*Not at all*    0    1    2    3    4    5    6    7    8    9    10    *Extremely*

5. Do you experience period cramps?

Yes  No

6. If yes, on a scale of 0 - 10, how was managing period cramps in the past before the workshop?

*Difficult*    0    1    2    3    4    5    6    7    8    9    10    *Easy*

7. On a scale of 0 - 10, how has the workshop helped you in better managing period cramps?

*Not at all*    0    1    2    3    4    5    6    7    8    9    10    *Extremely*

8. On a scale of 0 - 10, rate your self-confidence before the workshop

*Very low*    0    1    2    3    4    5    6    7    8    9    10    *High*

9. On a scale of 0 - 10, rate your self-confidence now

*Very low*    0    1    2    3    4    5    6    7    8    9    10    *High*

10. Did you skip classes before attending the workshop?

Yes  No

11. Do you still skip classes after the workshop?

*Yes*  *No*

12. If yes, why do you still skip classes?

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13. Do you have access to sanitary pads?

*Yes*  *No*

13. If the answer is no, can you tell us why you don't have access to pads

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14. Has the workshop helped you to freely talk about your periods without fear of being judged?

*Yes*  *No*

15. Did the comic book help you to learn about periods in a more exciting and fun way?

*Yes*  *No*

16. What would you like us to improve on or discuss the next time we come?

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Thank you,  
PadHer