

~~Cards~~ pads Against Humanity

How to Play

Each player draws 7 purple answer cards.

One person (P1) picks a pink question card and reads it aloud.

All other players choose one purple answer card from their hand to complete the phrase on the pink card.

P1 shuffles and reads the answers aloud.

The funniest, most outrageous, or most painfully accurate response wins 1 point!

The winner of the round becomes the next P1.

Double Points Rule:

Some pink cards have factually correct answers- play the right purple card and score 2 points!



**Sharks don't
actually smell**

**more than
regular blood**

(fact)



**The average
length of a
menstrual
cycle is**

days

(fact)

**The organ
responsible for
shedding its
lining during
menstruation is**

(fact)



PMS stands for

(fact)

**Blood colour
during your
period can vary
because**

(fact)

**Menstrual
blood is made
up of**

(fact)



Period poverty affects

people in the
UK

(fact)



**A person
typically loses**

**of blood during
a period**

(fact)

**The hormone
that causes the
uterine lining to
thicken before
shedding is**

(fact)



The phase that comes directly after ovulation in the menstrual cycle is

(fact)



**The worst time
to get your
period is**



**The best way
to survive
period cramps
is**



**My period
started at the
worst time
possible:**



**The secret
ingredient in
every period
product is**



PLEASANTRI

**The weirdest
period myth I've
ever heard is**



PLEASANTRI

**The REAL
reason why
periods exist is**

**My period
cravings are so
bad, I once ate**



**The best way
to explain a
period to a
clueless person
is**



**My uterus
during my
period is like**



**The only thing
worse than a
surprise period
is**



PLEASANTRI

**I knew my
period was
coming when**



**The weirdest
period symptom
I've ever had is**



PLEASANTRI

**The best period
life hack is**



PLEASANTRI

**The one thing
you should
never do while
you're on your
period is**



**The worst thing
about periods
is**



PLEASANTRI

I know

**hates to see
my period
coming**



PLEASANTRI

**If I had a dollar
for every time
someone asked
if I was moody
because of my
period, I would
buy**



**The real reason
I hate white
pants is**



**My period
tracker just lied
to me, and now
I'm stuck with**



PLEASANTRI

**My mood
swings on my
periods can be
summed up as**



**The worst
possible person
to explain
periods to me
was**



**The worst
period advice
I've ever
received was**



**Instead of
sanitary pads, I
once had to
use**



PLEASANTRI

**The biggest
period-related
fear is**



**The most
ridiculous
period-related
thing I've cried
over is**



**My worst
period horror
story starts
with**



**The thing
nobody tells
you about
starting your
first period is**



**The best
invention for
people on their
period would be**



PLEASANTRI

**The one person
I absolutely
don't want to
talk to on my
period is**



**Periods would
be 10x easier if

existed**

**The thing that
has actually
helped my
period cramps
is**



**When someone
says “You’re
overreacting,
it’s just your
period,” the
perfect
response is**



**The unspoken
rule of sharing
period products
is**

**Just got my
period and also
got**



PLEASANTRI

**The way to
know it's PMS
and not just life
falling apart is**



**Things I've
blamed on my
period that
probably
weren't its
fault:**



**First period kit
essentials:
pads,
chocolate and**



PLEASANTRI

Period horror story title: “The Curse of

”



**My uterus
deserves an
award for**



PLEASANTRI

**A tampon
commercial but
make it
realistic: “Now
with 100% more**

”

**My reaction
when I realised
I leaked
through my
pants:**



**Right before a
vacation**

During a final exam

**While wearing
white pants**

At a swimming competition

On a first date



PLEASANTRI

**While stranded
with no pads or
tampons**

**The exact
moment I
sneeze**

**A hot water
bottle and a
bad attitude.**



PLEASANTRI

**Lying in bed
and
contemplating
my life choices.**

Taking painkillers like they're candy

**Disclaimer: Please take a doctor's advice before taking
any dosage of medication.**

**Crying into a
bowl of ice
cream**

**Watching
comfort movies
while rage-
eating chips**

Screaming into a pillow

Selling my uterus on eBay

During a class presentation

**While sitting on
a friend's
couch**

In the middle of a long-haul flight

**Right after
putting on
fresh
bedsheets**

**The day I
decided to
wear light-
coloured
leggings**



PLEASANTRI

**While trying to
impress my
crush**

During a TikTok dance battle

The tears of menstruators

Unicorn dust and disappointment

A conspiracy against women

The false promise of overnight protection



PLEASANTRI

The lingering fear of leaking

Expensive marketing for overpriced cotton

The weird blue liquid from pad commercials

**Tampons take
your virginity
(not true!)**



PLEASANTRI

**Periods stop
when you're in
water**



PLEASANTRI

**Cramps are just
in your head**



PLEASANTRI

**Eating spicy
food makes it
worse**

**You can't get
pregnant on
your period
(not true!)**



PLEASANTRI

**Menstrual
blood is toxic
(it's not)**

**Bears can smell
your blood
(they can't)**

A curse from the universe

**To remind me
that biology
hates me**

**Just to ruin my
favourite
underwear**



PLEASANTRI

**Because my
uterus enjoys
suffering**

A monthly subscription to pain

**To make sure
pad companies
stay rich**

**To emotionally
wreck me once
a month**

**An entire pizza
by myself**

A pickle and peanut butter sandwich

**Three
chocolate bars
in one sitting**

**Ice cream
straight from
the tub**

**A whole bag of
hot Cheetos at
2am**

**Pasta covered
in more cheese
than necessary**

**My friend's
leftovers when
they weren't
looking**



PLEASANTRI

**It's like my
uterus throwing
a tantrum**



PLEASANTRI

**Imagine getting
punched in the
stomach... for a
week**

**A horror movie,
but inside your
body**



PLEASANTRI

**An emotional
roller coaster
with extra
bleeding**

**Cramps are like
stomach flu,
but you're
expected to
function**



PLEASANTRI

**Google it and
leave me alone**

**Every month,
my body plays
a cruel joke on
me**



PLEASANTRI

A demon trying to escape

A toddler having a meltdown

A washing machine on spin cycle

A war zone with no survivors

A volcano on the verge of eruption

An overdramatic Shakespearean character

A blender filled with knives

Running out of pads mid-cycle

**Wearing a pad
that shifts
sideways**

Waking up in a crime scene

Forgetting to pack extra tampons

Having to ask a stranger for a pad



PLEASANTRI

Leaking onto someone else's bed

Period cramps in both ovaries

I cried over a commercial

**My boobs
started hurting
for no reason**



PLEASANTRI

**I ate five meals
in one day**

**My skin
betrayed me
overnight**

**I started
irrationally
hating people**

**I got a sudden
craving for
everything
salty and sweet**



PLEASANTRI

**I felt my uterus
plotting
revenge**



**Crying over
absolutely
nothing**

Sudden rage at inanimate objects

Getting weirdly emotional about my cat

**Feeling like a
human water
balloon**

**Wanting to
fight people
and hug them
at the same
time**



PLEASANTRI

Sleeping for 14 hours straight

**Feeling like my
uterus is
literally falling
out**



PLEASANTRI

Wearing black everything

**Always
carrying a
secret pad
stash**



PLEASANTRI

Using period tracking apps religiously

**A hot water
bottle glued to
my stomach**

Carrying chocolate like medicine

Stealing my boyfriend's hoodie and living in it



PLEASANTRI

Crying when necessary

Trust a fart

**Wear white.
Ever**

**Sit on
someone's light
coloured
furniture**



PLEASANTRI

**Go swimming
without
checking twice**

**Watch a sad
movie and
expect not to
cry**



PLEASANTRI

**Ignore cramps
and think they
will go away**



PLEASANTRI

**Try to act like
nothing's
happening**

**Absolutely
nothing to
protect me**

A crime scene in my pants

An emergency trip to the store

Borrowing a pad from a stranger

A white dress and no backup plan

**A long day of
pretending
everything is
fine**



PLEASANTRI

My uterus mocking me

**Laughing,
crying and
raging within 10
minutes**



PLEASANTRI

**Wanting to hug
someone and
then fight them**

**Crying because
my fries aren't
crispy enough**

**Feeling
personally
attacked by
literally nothing**



PLEASANTRI

Being a hormonal rollercoaster with no brakes

Turning into an evil Disney villain

**Screaming
internally while
acting normal**

A male gym teacher

My extremely awkward dad

A YouTube video from the 90s

**My older sibling
who thought it
was funny**



PLEASANTRI

A textbook with zero real-life advice

My grandmother, who gave zero details

**A friend who
barely knew
what was
happening**



PLEASANTRI

**Just think
positive
thoughts**

**Exercise will
make your
cramps go
away**

**Drink less
water so you
won't bleed so
much**

**Bleeding while
playing this
game**

**Periods don't
hurt that much**

**You can hold in
your period like
pee**

**Stop being
dramatic**

Toilet paper layered like armour

**A sock (don't
ask)**

A random piece of cloth

Paper towels from a public restroom

An emergency makeshift pad from tissues

**Absolutely
nothing**

My friend's last tampon

Sneezing while wearing a pad



PLEASANTRI

**Realizing my
period started
midway through
the day**



PLEASANTRI

Standing up after sitting for too long

Running out of supplies in public

**Being asked
“are you on
your period?”
when I’m angry**



PLEASANTRI

**Forgetting I'm
wearing a
tampon**

A dog in a commercial

Dropping my food on the floor

**My blanket
being too warm**

**My favourite
character dying
in a show I've
seen before**



**Someone
looking at me
the wrong way**

A cute baby on the street

**Literally
nothing**

**It might not be
red - it could be
brown at first**

**Cramps will ruin
your life**



PLEASANTRI

**It can be super
irregular at first**

**You'll feel like
a science
experiment
gone wrong**



PLEASANTRI

**It's way
messier than
you expected**

**That your mom
might throw
you a party**

**That you will
ALWAYS need
extra supplies**

**Someone
pointing out a
mysterious red
stain**

Leaking during a presentation

**A tampon
strong
mysteriously
disappearing**

**Wearing a
dress on the
first day**

**Realizing I
forgot to bring
a pad**

Sitting on a friend's white couch

A surprise sneeze

Google diagnosing me with death

The first time using a tampon and freaking out



PLEASANTRI

**That you
become a
stain-detecting
ninja**

**That you might
get your period
on vacation
every year**



PLEASANTRI

**That pads feel
like diapers at
first**

The random poop schedule

**The feeling of
blood touching
your skin
constantly**

**The way
cramps hit like
a truck**



PLEASANTRI

Side eye from the pad aisle

**“Is it in right?”
moments**

Backup underwear

Silent suffering

Public bathroom panic

Confusing string placement

Fear of TSS (Toxic Shock Syndrome)



PLEASANTRI

Dramatic timing

Ruining date night

**Making me
question reality
every 28 days**



PLEASANTRI

**Screaming “not
pregnant”
through the
pain**



PLEASANTRI

Olympic-level blood flow

Being petty and painful

Taking control of my entire personality

**Back pain like
I'm 97**

Diarrhoea

Crying at shampoo commercials

Nausea for no reason

**Breakouts just
before a big
day**



PLEASANTRI

Random food aversions

**Existential
dread for no
reason at all**

The unfleshed pad wrapper

The leaky chair incident

The forgotten tampon

The cramps that time forgot

The mid-class surprise

The day the pool turned red

Crying in a blanket burrito

A new pair of undies

**Someone to
say “you’re not
dying”**

A heating pad named Steve

Quiet rage

Netflix and denial

**Google: “what
is happening to
my body”**



PLEASANTRI

My pet looking concerned

The toilet water turning red

The betrayal in my calendar

**Nothing. Just
vibes, pain, and
vibes again**



PLEASANTRI

Ghosting a group chat

Failing a math test

Crying at a dog in a sweater

Forgetting to reply to a text for 6 months

Eating an entire pizza

**You cry
because
someone
looked at you**

**Everything
smells like
betrayal**



PLEASANTRI

**You hate
everyone (but
also want
cuddles)**



PLEASANTRI

**Your jeans are
suddenly evil**

**You bite into
chocolate and
feel spiritual
peace**

**You google
“how to fix your
whole life in 5
minutes”**



PLEASANTRI

**Period comes
the next day
like “surprise
bestie!”**



PLEASANTRI

An instant attitude problem

Zero tolerance for nonsense

**A heating pad I
now love more
than people**

Mood swings that could win Oscars

A surprise visit from pain

A bloodbath at brunch

Cramps from the underworld

A sudden emotional breakdown



PLEASANTRI

Spotting in light jeans

An identity crisis

A cancelled beach trip

Magic

Period ghosting syndrome

**Anything warm
and comforting**

**Not a family-
sized bag of
chips (again)**



PLEASANTRI

**Not something
to joke about**

**A term that
sounds fake
(but isn't)**



PLEASANTRI

**Every snack
break**

**When it feels
like you're
sitting on a log**



PLEASANTRI

**Before you
forget it's in
there**

**The universe
said “plot
twist!”**

**You forgot how
biology works**

Nature's got jokes

Your uterus doesn't follow rules

**Just long
enough to ruin
all plans**



PLEASANTRI

A mystery to science

Every full moon

Having a short period

Playing period peek-a-boo

When your ovaries go on strike

The tears of ancient womb warriors

Hormones

**Your uterus is
mixing paint
again**



PLEASANTRI

**Sometimes
your body's just
random**



PLEASANTRI

**It depends on
the day**

**It makes you
feel like a
menstrual
scientist**

**Don't want it to
happen (sorry)**



PLEASANTRI

**Ate 3 tubs of
ice cream**

**Are on a
survival reality
show**

Just started puberty

The moon being in retrograde

Drinking tons of water

Doing light stretching or yoga

Personal monthly struggles

Period might start

Pretty mood swings

Painful monthly symptoms

**Feel like a
period
detective**

**You carry a
backup outfit
and backup for
the backup**

Playing calendar bingo with your uterus (NOT normal)



PLEASANTRI

**It showing up
like an
uninvited guest**

Performing a blood sacrifice

Teaching me resilience through pain



PLEASANTRI

Doing backflips for fun

Holding a monthly tantrum



PLEASANTRI

Screaming internally

Practicing for a boxing match

**One pad =
eternal loyalty**

**Never question
the brand**

**Emergency
loans require
immediate
gratitude**



PLEASANTRI

**If you've got
extras, you're a
hero**

Tampon tax doesn't apply between friends



PLEASANTRI

**Offer
chocolate too**

**Always carry a
backup for your
backup**

Setting their house on fire (... figuratively)



PLEASANTRI

Unfriending them instantly

**Throwing a pad
like a ninja star**

Scheduling a TED talk on empathy

**Rolling my eyes
into another
dimension**

A swim meet

A school play

A family wedding

A surprise exam

My first date



PLEASANTRI

A sleepover at someone else's house

A flight with no supplies

Binge-watching cartoons

**Crying because
the pasta was
too beautiful**

**A pad stuck to
your thigh**

**“Did I just pee
or... oh”**

Sobbing to lofi beats

That one angry pimple

**Leaving a red
crime scene on
the bedsheets**

**PMS but make
it cinematic**

**Waddling like a
penguin with a
pad**



PLEASANTRI

**Pretending
cramps are just
“a little
discomfort”**



PLEASANTRI

Hoarding chocolate like it's currency

Bleeding through your pad in math class



PLEASANTRI

A mysterious urge to fight the patriarchy



PLEASANTRI

**Saying “I’m
fine” but
clearly not**

A heating pad that deserves a Nobel Prize

**Pain that
radiates to
your soul**

**Buying pads
and also
snacks and
pretending
they're not
related**



PLEASANTRI

The fear of laughing too hard



PLEASANTRI

**Staring at the
toilet like “is it
over?”**



PLEASANTRI

Menstrual cup confusion

**Pain so deep
you see your
ancestors**

Period cravings or a personality trait?

A hormonal roller coaster with no seatbelt

**Feeling bloated
and beautiful
(but mostly
bloated)**



PLEASANTRI

**Texting your
friends “HELP”
in all caps**

The sacred period sweatpants

**Asking “can
you check if I
leaked?”**



PLEASANTRI

**That one friend
who loves their
period (???
HOW???)**



PLEASANTRI

Accidentally syncing cycles

**Watching
period tiktoks
while on your
period**



PLEASANTRI

The 8th circle of cramp hell

**Flushing the
toilet three
times for no
reason**



PLEASANTRI

Changing your pad and feeling reborn

**The ancient art
of rolling up a
used pad like a
burrito**



PLEASANTRI

Period farts

**Being
irrationally mad
at gravity**

Glaring at men for simply existing

**Asking your
mom “is this
normal” 87
times**



PLEASANTRI

**Secretly timing
how fast you
can change a
pad**



PLEASANTRI

**Googling “can
you run out of
blood?”
(unlikely)**



PLEASANTRI

Using your hoodie as a seat shield

**The sudden
urge to
reorganize your
whole life**

PMS cleaning sprees

**Holding your
stomach like
the dramatic
queen you
deserve to be**



PLEASANTRI

Using pantyliners as backup troops

**Sitting on a
towel “just in
case”**

Watching romcoms and crying at the trailers



PLEASANTRI

**Feeling like a
witch, in a good
way**

Bleeding mid- presentation

**Realizing your
cramps were
just gas**

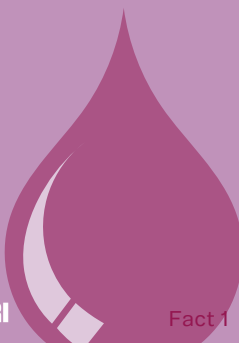
A period playlist full of angry girl music



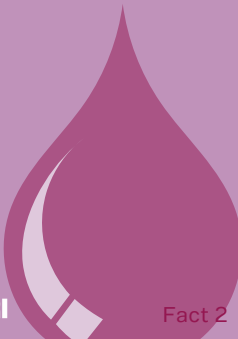
PLEASANTRI

**Realising
period blood
isn't actually
blue like in ads**

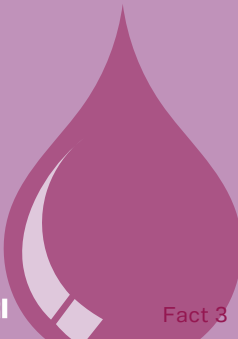
Period blood



28

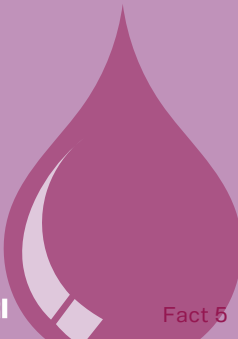


Uterus



Premenstrual Syndrome

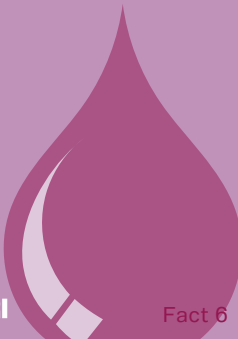
**Oxidation
makes older
blood turn
brown**



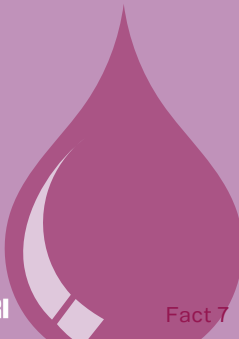
PLEASANTRI

Fact 5

Uterine lining



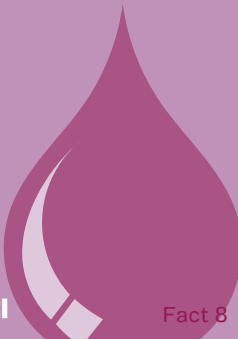
One in five



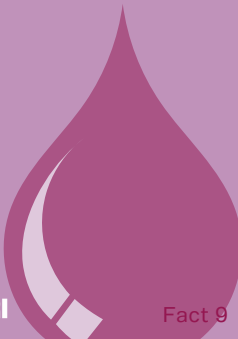
PLEASANTRI

Fact 7

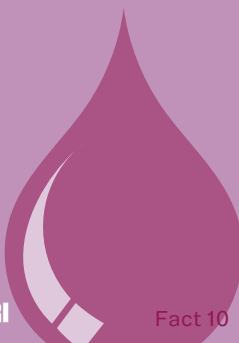
30-80 ml



Estrogen



Luteal phase



PLEASANTRI

Fact 10

**That one
tampon in your
bag from 2017**

