



QUIZ

Equality in law for the menopause

1. Which of the following are symptoms of the menopause?

- a) Heart palpitations
- b) Hot flushes
- c) Reduced muscle mass
- d) Recurrent urinary tract infections
- e) Mood changes
- f) All of the above

2. True or false: On average, most symptoms of the menopause last around 2 years from your last period?

- True False

3. According to research by the Chartered Institute of Personnel Development in 2019, what percentage of women between the ages of 45 and 55 who are experiencing menopause symptoms said it had a negative impact on them at work?

- a) 39%
- b) 49%
- c) 59%

4. What percentage of women who experience menopause symptoms say they are too embarrassed to ask for support in the workplace according to research by Opinium in 2021?

- a) 24%
- b) 34%
- c) 44%

5. Name three protected characteristics under the Equality Act 2010:

ANSWERS

1. F) All of the above. However, this is not an exhaustive list. For more information about symptoms, see the NHS website or The Menopause Charity website.
2. False – On average, most symptoms last around 4 years from your last period.
3. C)
4. C)
5. Answers could include: age, disability, gender reassignment, marriage or civil partnership, pregnancy and maternity, race, religion or belief, sex and sexual orientation.