

Always Changing & Growing Up

Pre & Post Test Answers

Pre-Test

1. **True**—Puberty is not just a physical process. Hormones can cause mood changes or mood swings, where a girl or a boy may feel happy one moment and sad or angry the next.
2. **True**—At some point boys will start to shave the hair on their face, it depends on how soon their facial hair appears and how thick it becomes, as well as their personal preference.
3. **False**—Sweat helps the body regulate its temperature.
4. **True**—Puberty for girls usually starts between the ages of 8 and 13 and lasts for a few years. For boys, puberty usually begins between the ages of 10 and 17, and lasts for a few years.
5. **False**—Puberty changes won't suddenly happen overnight. Some happen quickly, but others take place slowly over a few years.
6. **False**—Having a period is a normal and healthy part of being a woman. It doesn't have to stop you from doing the things you usually do.
7. **False**—When a girl first starts to have her period, they may not be very regular. Her body will take a while to settle down into a regular cycle, which might take 2-3 years.
8. **False**—No one will notice your period unless you tell them.
9. **True**—During puberty, girls' breasts will develop, they will get their periods for the first time and grow hair under their arms and in their pubic area.
10. **True**—During puberty, boys grow taller and more muscular, their voices deepen, their penis and testicles grow larger and they also grow facial and body hair.

Post-Test

1. **True**—A growth spurt means you may grow several inches at once and that is normal.
2. **True**—Exercising during your period may help with cramps.
3. **True**—Boys and girls may experience sudden changes in feelings during puberty. Mood changes are partly caused by the increasing amount of hormones in the body.
4. **True**—The eccrine glands are all over the body and the perspiration they secrete is clear and odourless. The apocrine glands are mostly under the arms and in the genital area.
5. **True**—During puberty you need energy, and you get energy from the food you eat. It is very important to make sure you eat a healthy well-balanced diet.
6. **False**—The average woman loses about 4-12 teaspoons of menstrual fluid during her period, but only a small amount of it is blood.
7. **True**—As you grow you have more responsibilities and are expected to make lots of decisions. **IDEAL** (Identify, Describe, Evaluate, Act, Learn) provides a structure for teens to solve problems.
8. **Estrogen is:**
c. the primary female hormone
9. **Testosterone is:**
d. the primary male hormone
10. **Sperm are made in:**
d. testicles