

Always Changing & Growing Up

Post-Test

Post-test

What do you know about Puberty? Circle the best answer from the choices given.

- | | | | |
|----------|---|-------------|--------------|
| 1 | A growth spurt means you may grow several inches at once and that is normal. | True | False |
| 2 | Exercising during your period may help with cramps. | True | False |
| 3 | You may have emotional ups and downs during puberty. | True | False |
| 4 | There are two kinds of sweat glands, eccrine and apocrine. | True | False |
| 5 | A healthy well-balanced diet can help you feel great. | True | False |
| 6 | The average person will lose about two cups of blood during their period. | True | False |
| 7 | Puberty can be a time when learning to make the right decisions for you is important. Some teens solve problems using IDEAL (Identify, Describe, Evaluate, Act, Learn) | True | False |

8 Estrogen is:

- | | |
|---|---|
| a. a sweat gland | female sex organs |
| b. an emotional reaction to puberty | d. the primary hormone in those with male sex organs |
| c. the primary hormone in those with | |

9 Testosterone is:

- | | |
|---|---|
| a. a sweat gland | male sex organs |
| b. an emotional reaction to puberty | d. the primary hormone in those with female sex organs |
| c. the primary hormone in those with | |

10 Sperm are made in:

- | | |
|----------------------------|---------------------|
| a. pituitary glands | c. scrotum |
| b. penis | d. testicles |

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