

# Always Changing & Growing Up

## Pre-Test

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

- |    |   |             |              |
|----|---|-------------|--------------|
| 1  | Puberty involves physical and emotional changes.  | <b>True</b> | <b>False</b> |
| 2  | Everyone starts shaving during puberty.   | <b>True</b> | <b>False</b> |
| 3  | Sweat serves no useful function in the body.  | <b>True</b> | <b>False</b> |
| 4  | For those with female sex organs, puberty begins between the ages of 8 – 13 and for those with male sex organs it's from ages of 10 – 17.                               | <b>True</b> | <b>False</b> |
| 5  | Changes that happen during puberty usually happen at once.  | <b>True</b> | <b>False</b> |
| 6  | You should not bathe, exercise or swim during your period.  | <b>True</b> | <b>False</b> |
| 7  | Periods always come on a regular schedule.  | <b>True</b> | <b>False</b> |
| 8  | Everybody can tell when someone is having their period.   | <b>True</b> | <b>False</b> |
| 9  | During puberty, those with female sex organs develop breasts, get their periods for the first time and grow hair under their arms and in their pubic area.              | <b>True</b> | <b>False</b> |
| 10 | During puberty those with male sex organs grow taller and more muscular, their voices deepen, their penis and testicles grow larger and they grow facial and body hair. | <b>True</b> | <b>False</b> |

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