

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 you may feel happy one moment and sad or angry the next.
2. **False**—At some point some people may choose to start shaving 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 those with female sex organs usually starts between the ages of 8 and 13 and lasts for a few years. For those with male sex organs, 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 natural and healthy. It doesn't have to stop you from doing the things you usually do.
7. **False**—When you first start to have your period, they may not be very regular. Your 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, those with female sex organs will develop breasts, they will get their periods for the first time and grow hair under their arms and in their pubic area.
10. **True**—During puberty, those with male sex organs 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.
2. **True**—Exercising during your period may help with cramps.
3. **True**—You 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**—On average, you lose about 4-12 teaspoons of menstrual fluid during your 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 hormone in those with female sex organs
9. **Testosterone is:**
c. the primary hormone in those with male sex organs
10. **Sperm are made in:**
d. testicles