### 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. For girls, 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 not only help you feel great but look great too. **True**  **False**
6. The average woman 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
- b. an emotional reaction to puberty
- c. the primary female hormone
- d. the primary male hormone

#### 9. Testosterone is:
- a. a sweat gland
- b. an emotional reaction to puberty
- c. the primary female hormone
- d. the primary male hormone

#### 10. Sperm are made in:
- a. pituitary glands
- b. penis
- c. scrotum
- d. testicles