Puberty Review

As a team, answer these questions.

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<tbody>
<tr>
<td>T</td>
<td>F</td>
<td>1. Females should not exercise during their period.</td>
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<tr>
<td>T</td>
<td>F</td>
<td>2. Puberty happens at different times for different children.</td>
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<td>T</td>
<td>F</td>
<td>3. The fluid released from the penis during ejaculation is made up of sperm and urine.</td>
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<td>T</td>
<td>F</td>
<td>4. The size of a male’s penis determines the amount of sperm he produces.</td>
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<td>T</td>
<td>F</td>
<td>5. Sometimes it is hard for children and parents to talk to each other about sex.</td>
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<td>T</td>
<td>F</td>
<td>6. You should always do what your friends want to do.</td>
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<td>T</td>
<td>F</td>
<td>7. There is no “right time” to begin dating.</td>
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<td>T</td>
<td>F</td>
<td>8. There is no such thing as a “perfect female” or a “perfect male” body.</td>
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<td>T</td>
<td>F</td>
<td>9. If a person has a question about sex, the best place s/he can go to get an answer is a friend.</td>
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<tr>
<td>T</td>
<td>F</td>
<td>10. It is common for a female to have one breast that is slightly bigger than the other.</td>
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Circle the best answer and write the answer in the blank spot.

1. Puberty is the time when a person changes from a child into _____.
   a) a person  
   b) an adult  
   c) a woman  
   d) a man

2. Puberty usually begins at around ages _____.
   a) 4 to 6  
   b) 7 to 8  
   c) 8 to 12  
   d) 13 to 16
3. Sometimes people have pimples during puberty. This is normally caused by _____.
   a) catching a virus
   b) worrying too much about things
   c) getting too much sun
   d) a natural increase in the skin’s oils

4. During puberty, _____ begins to grow under a person’s arms and in the pubic area.
   a) hair
   b) pimples
   c) perspiration
   d) layers of fat

5. When people reach puberty, they need to take showers and wash their hair more often than when they were young children because _____.
   a) they get dirtier than young children
   b) they perspire more than young children
   c) they need to use up extra energy
   d) showers help you grow faster

6. People start growing quite quickly during puberty because of increased _____ in their blood.
   a) hormones
   b) sugar
   c) protein
   d) glands

7. The _____ gland in the brain causes the body to produce growth hormones.
   a) sweat
   b) pituitary
   c) salivary
   d) puberty

8. During puberty, both boys’ and girls’ voices change because the _____ grows bigger. This is also known as the Adam’s apple.
   a) lungs
   b) mouth
   c) abdomen
   d) larynx
9. Girls usually reach puberty a little _____ than boys.
   a) earlier
   b) later

10. During puberty, a girl’s body produces hormones called _____.
    a) pituitaries
    b) excedrins
    c) estrogens
    d) menstruations

11. Menstruation is the periodic shedding of the lining of the _____.
    a) vagina
    b) uterus
    c) pituitary
    d) larynx

12. Ovaries produce hormones throughout the month, but once in each menstrual cycle,
    a female’s ovaries produce _____.
    a) a period
    b) cramps or aches
    c) a pregnancy
    d) an egg or ovum

13. When a girl’s breasts begin to grow, it means that she _____.
    a) Has begun puberty
    b) is thinking about sex
    c) is gaining too much weight
    d) is old enough to date

14. The ____ is the part of the uterus that extends into the vagina.
    a) ovary
    b) cervix
    c) larynx
    d) fallopian tube

15. By the end of puberty, boys usually end up a little _____ than girls.
    a) shorter
    b) faster
    c) taller
    d) slower
Quiz

Puberty Review

16. Hormones from the pituitary gland cause a boy’s testicles to produce____.
   a) sperm and hair growth
   b) hair growth and voice changes
   c) muscles and testosterone
   d) sperm and testosterone

17. When boys reach puberty, they may grow hair in all of these places, except _____.
   a) on the face
   b) on the soles of the feet
   c) under the arms
   d) around the penis

18. Sometimes a boy’s penis fills with blood and becomes hard. This is a normal reaction called_____.
   a) an erection
   b) puberty
   c) testosterone
   d) an irrigation

19. Occasionally, a boy’s body will release some fluid through the penis during the night while he is asleep (known as a nocturnal emission or wet dream). The fluid that comes out of the penis is made of_____.
   a) white blood cells
   b) urine
   c) sperm and seminal fluid
   d) adrenalin

20. When girls mature, they begin producing mature egg (ova) cells about once a month. When boys mature, they begin producing sperm cells_____.
   a) once a year
   b) continuously
   c) once a month
   d) one time only