

The Growing Up Quiz

1. Why does puberty have to happen?

2. Name 3 changes that happen to girls during puberty?

3. Name 3 changes that happen to boys during puberty?

4. Everyone goes through puberty at the same time. True/False

5. What is the name of the main male sex hormone called? Please circle

a. sperm b. testosterone c. sebum d. endorphin

6. What is the name of the 2 main female sex hormones called? Please circle 2

a. Oestrogen b. sebum c. colostrum d. progesterone

7. Girls generally start puberty before boys. True/false

8. Menstruation (monthly period) usually occurs every (please circle)

a 28 days b 35 days c. 21 days d 40 days

9. When a girl starts having her monthly period/begins to menstruate it means she is now able to reproduce/have a baby. True/False

10. When ovulation occurs it means an egg has been released from an ovary. True/False

11. Fill in the missing words. The main purpose of the male sex hormone is to produce a substance called This is made in the and released out of the body via the

12. It is abnormal to have wet dreams. True/false

13. Name 3 ways you can keep healthy during puberty?

14. Why is it important to wash daily?

15. Name 3 things you can do to help yourself when you are feeling down/angry/confused?

