

# Coping with Changes in Teenagers.

## 3.1 Physical Changes in teenagers.



- 1) At what ages do people go through many physical, social and emotional changes?
  - a. 13 to 15
  - b. 10 to 18
  - c. 17 to 18
- 2) Which physical changes happen to both males and females?
  - a. Acne problem and growth of pubic hair.
  - b. Rapid gains in weight and growth of breasts.
  - c. The hips widen and breast grow.
- 3) At what ages does puberty commences for a girl?
  - a. 5 to 6 years old
  - b. 10 to 13 years old.
  - c. 15 to 16 years old.
- 4) For a boy at what ages does puberty start for a boy?
  - a. 16 to 18 years old.
  - b. 12 to 15 years old.
  - c. 10 to 13 years old.
- 5) Watch the video and what was it about?
  - a. Changes in a person's body.
  - b. The growth of your brain.
  - c. That your dancing skills increase.

