

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.

