

3.3 Coping with Changes.



- 1) Do we need to accept everyone is different?
 - a. Yes
 - b. No
- 2) Do we need to accept the physical difference between males and females?
 - a. Yes
 - b. No
- 3) Do teenagers experience mood swings and confused emotions?
 - a. Yes
 - b. No



- 4) How can teenagers relax the best?
 - a. Exercise
 - b. Listen to music
 - c. Write down thoughts
 - d. Get fat by eating lots of fatty food.
- 5) Is it nature for teenagers to be closer to their peers than their parents?
 - a. Yes
 - b. No
- 6) How often should we wash our hair as a teenager?
 - a. Once a day.
 - b. Every hour
 - c. Once a month
- 7) Acne! What causes it?
 - a. Eating fruit
 - b. Clogged skin pores from oil, dead skin cells, and bacteria.
 - c. Eating vegetables.

