

Name: _____ Date: _____

Family Life
Growth and Development – Puberty

Answer the questions

1. Define the term 'puberty'. Choose the correct answer.

- A. Puberty is moving from being a baby to being a child.
- B. Puberty is moving from childhood to being a teenager.
- C. Puberty is moving from being a teenager to an adult.

2. Puberty begins at different ages for girls and boys. Join the following information with arrows.



Voice deepens

Puberty starts
between 8 and 13

Puberty starts
between 10 and 15

Hips get wider



3. Tell what is going on the pictures. Write these answers in the boxes: Breasts get larger, Muscles get bigger, Acne comes on the face.



4. Complete the chart correctly by putting the information under the correct heading.

Mental Growth	Emotional Changes

Mood swing	Examine consequences
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