Puberty – 5th grade

Read each question carefully. Choose the correct answer.

1. What is Puberty?

a. This is when your body begins to change.

b. This is when people are first able to have children.

c. This means growth.

2. Everyone begins puberty at the same time. □ True. □ False.

3. Puberty begins in Girls between: □ 7-13 □ 8-13 □ 10-14 years.

4. Puberty begins in Boys between: □ 7-13 □ 8-13 □ 10-14 years.

5. Place a tick into the box for each puberty change.

	Girls	Boys	Both
Growth Spurt			
Skin gets oily			
Acne			
Voice gets deeper			
Hair grows underarm and pubic area			
Breast develop			
Hips get wider			
Sweating			
Body odor			
Muscles grow			

6. The Chemical that causes puberty in Girls is:

□ Estrogen. □ Testosterone.

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7. The Chemical that causes puberty in Boys is:

□ Estrogen. □ Testosterone.

8. Some negative social and emotional changes happen during puberty like being moody, but we can deal with it by talking to our parents or educating teens. □Never. □ True. □ False.

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