

NAME:

Instructions: Answer each question.

1. _____ is the time when you begin developing into an adult.

2. List three changes that happen to boys in puberty:

- 1.
- 2.
- 3.

3. List three changes that happen to girls in puberty:

- 1.
- 2.
- 3.

4. _____. True or False: Estrogen is the hormone that causes most of the changes in a boy's body during puberty.

5. What's an Adam's apple?

6. _____ Is the name for those red bumps that a lot of kids and teenagers get on their skin.

7. In what way you can reduce body odor?

8. A girl can wear a _____ to protect her breast tissue and keep her breasts supported.