

Puzzled by Puberty? – Part A

Answer the question below and see how many pieces of the puzzle you know.
Circle the best answer.

1. In boys, the changes of puberty begin
 - a) when he is 8 years old
 - b) when he is 14 years old
 - c) at a different time for everyone

2. The female sex hormone is
 - a) estrogen
 - b) testosterone
 - c) growth hormone

3. The male sex hormone is
 - a) estrogen
 - b) progesterone
 - c) testosterone

4. In girls, the changes of puberty begin
 - a) at different times for everyone
 - b) when she is 8 years old
 - c) when she is 13 years old

5. Having a period (menstruation)
 - a) prevents a girl from swimming or participating in sports
 - b) is a natural and healthy part of being a female
 - c) always causes cramps

6. The gland that sets in motion the changes in the body at puberty is the
 - a) adrenal
 - b) pituitary
 - c) thyroid

7. Some physical changes that males experience in puberty are
 - a) shoulders broaden and height and weight increase
 - b) voice deepens and hair grows on underarms and pubic area
 - c) all of the above

8. Some physical changes females experience in puberty are
 - a) breasts become larger, hips become broader
 - b) a regular menstrual cycle, every 28 days, begins
 - c) weight decreases