Pre/Post Test

How much did you learn from the video *You, Your Body and Puberty* about the changes that happen during puberty? To find out, read each statement below. Circle “T” for “true” or “F” for “false.”

1. The changes caused by puberty are only physical.  
   
2. Generally speaking, girls begin puberty before boys.  
   
3. Mood swings and increased appetite are two changes that can happen during puberty.  
   
4. All boys and girls begin puberty at age 9.  
   
5. Chemicals in the body called “perspiration” control the changes that happen during puberty.  
   
6. In boys, testosterone causes the vocal cords to thicken, which makes the voice deeper.  
   
7. The male reproductive cells are called “sperm.”  
   
8. In girls, the hormones estrogen and progesterone cause menstruation to begin.  
   
9. About once a month, the lining of the uterus is shed during a girl’s menstruation.  
   
10. The menstrual period happens every three to eight days.  
    
11. Washing your face at least five times a day will prevent acne.  
    
12. Eating greasy foods cannot cause pimples.  

*Answers to this test appear on the next page.*
Answer Key

1. The changes caused by puberty are only physical.  
   *False. Puberty also causes emotional changes.*  
   False

2. Generally speaking, girls begin puberty before boys.  
   *This is usually true, although everybody is different.*  
   True

3. Mood swings and increased appetite are two changes that can happen during puberty.  
   True

4. All boys and girls begin puberty at age 9.  
   *False. Changes can begin at age 9, but everyone’s body has its own timetable for puberty.*  
   False

5. Chemicals in the body called “perspiration” control the changes that happen during puberty.  
   *False. The chemicals that cause puberty are called “hormones.”*  
   False

6. In boys, testosterone causes the vocal cords to thicken, which makes the voice deeper.  
   True

7. The male reproductive cells are called “sperm.”  
   True

8. In girls, the hormones estrogen and progesterone cause menstruation to begin.  
   True

9. About once a month, the lining of the uterus is shed during a girl’s menstruation.  
   True

10. The menstrual period happens every three to eight days.  
    *False. A menstrual period happens about every 28 days, lasting about three to eight days.*  
    False

11. Washing your face at least five times a day will prevent acne.  
    *False. You should only wash your face twice a day with a mild soap. Washing it more often can cause the skin to produce more oil and make acne even worse.*  
    False

12. Eating greasy foods cannot cause pimples.  
    *True. Although a healthy diet is important during puberty, diet does not directly cause pimples.*  
    True