

TRUE OR FALSE

1. If all of my friends have started puberty except me, I'm way behind. **True False**

2. I will start to notice more hair grow in places like my genitals and armpits. **True False**

3. Only boys can have wet dreams. **True False**

4. It is normal to begin to have crushes or romantic feelings during puberty. **True False**

5. Puberty is caused by hormonal changes in the body.
True False

6. Everyone goes through puberty at the same speed.
True False

TRUE OR FALSE (ANSWER KEY)

1. If all of my friends have started puberty except me, I'm way behind. (False) Everyone's bodies are different! Different people start puberty at different times, and it's okay to start later.

2. I will start to notice more hair grow in places like my genitals and armpits. (True) Most people experience hair growth in these places during puberty.

3. Only boys can have wet dreams. (False) People of all genders can have sexual feelings or sensations while dreaming.

4. It is normal to begin to have crushes or romantic feelings during puberty. (True) Many people start to develop romantic feelings during puberty, and that is okay!

5. Puberty is caused by hormonal changes in the body. (True) The brain releases hormones during puberty that cause the changes people go through during puberty.

6. Everyone experiences puberty at the same rate. (False) Everyone's body is different, so people will go through changes at a different rate, and some people may not experience them at all.

NAME _____

DATE _____

Advice Column

Pretend you are an advice columnist for a newspaper. Use the information you learned in class to give answers to the following questions about puberty.

“After I play soccer, I notice that I have serious body odour! This never happened to me when I was younger. Why am I suddenly smelly, and what can I do to get rid of the smell?”

**Sincerely,
Smelly Sam”**

Answer:

“I’m so embarrassed to even leave the house these days. Lately, I have been getting pimples all over my face. Yuck! What causes these nasty bumps, and how can I get rid of them?”

**Sincerely,
Bumpy Becca”**

Answer:

NAME _____

DATE _____

Ask an Adult!

Choose an adult you know and trust (for example: a parent, grandparent or family friend) and ask them the following questions about their own experience with puberty.

1. How was your experience with puberty and growing up?

2. What are some things you think I should know about puberty and growing up?
