

Grade 6 Puberty Quiz

Personal and Social Well-being

- Genetics plays an important factor in the timing of puberty so if a parent started puberty at an early age her children probably will too.
 - true
 - false
- Before having her first period it can be normal to have some clear or whitish vaginal secretions.
 - true
 - false
- Puberty would be late in a boy if it had not started by age....
 - 10
 - 11
 - 12
 - 13
 - 14
- On average puberty begins in boys earlier than in girls.
 - true
 - false
- During their peak growth spurt during puberty, girls will grow about....
 - 2.5cm – 3cm / year
 - 5 cm – 6 cm / year
 - 7.5 cm – 8.5 cm / year
 - 10cm – 12cm / year
 - 15cm – 16 cm / year
- On average, girls get their first period at age....
 - 11
 - 12
 - 13
 - 14
 - 15
- During their peak growth spurt during puberty, boys will grow about....
 - 7.5cm / year
 - 10cm / year
 - 12.5cm / year
 - 15cm / year
 - 17.5cm / year
- If puberty begins before age 8 in a girl it is referred to as...
 - early puberty
 - puberty
 - late puberty
 - precocious puberty
 - both a) and d)
- Some children develop a strong body odour even before they begin puberty
 - true
 - false
- In boys, the first sign of puberty is...
 - a growth spurt
 - growth of pubic hair
 - growth of underarm hair
 - a voice change
 - growth of the testes



11. It would be considered early if a girl started puberty when she was 9 years old.

- a) true
- b) false

12. Teens begin to get acne because...

- a) they don't wash their faces well
- b) they eat too much chocolate and chips
- c) of the hormonal changes associated with puberty
- d) all of the above
- e) both a) and b)

13. When a girl first starts having periods she may have...

- a) one period every 28 days
- b) two periods in a month
- c) one period every other month
- d) one period every 32 days
- e) any of the above

14. Hormones responsible for the changes in puberty include....

- a) testosterone
- b) estrogen
- c) both a) and b)

15. The first sign of puberty for girls is usually...

- a) a growth spurt
- b) breast budding
- c) the first period
- d) growth of pubic hair
- e) acne

16. Exercise helps to alleviate cramps during your period and pre-menstrual symptoms

- a) true
- b) false

17. Body odour changes occur in boys but girls do not experience any change

- a) true
- b) false

18. When the ovum is released from the ovaries it travels through the

- a) uterus
- b) fallopian tubes
- c) ova

19. Before a period, a girl can experience which of the following symptoms:

- a) an increase in pimples
- b) sore and tender breasts
- c) bloated feeling
- d) moodiness and irritability
- e) all of the above

20. Puberty means that my body is preparing to be able to reproduce

- a) true
- b) false

21. List 5 changes that boys can experience during puberty

22. List 5 changes that girls can experience during puberty

Total: / 30



Memo

1. a)

2. a)

3. e)

4. b)

5. c)

6. c)

7. b)

8. e)

9. a)

10. e)

11. a)

12. c)

13. e)

14. c)

15. b)

16. a)

17. b)

18. b)

19. e)

20. a)

21. (any 5)

Testicles grow

Voice changes

Involuntary erections

Skin sweats more and becomes more oily

Growth or body size changes

More body hair

Facial hair – like beard

22. (any 5)

Menstruation

Breast changes

Vaginal discharge

Body hair

Skin can get oilier and sweat more

Body shape changes and extra fat

Emotions can change – mood swings