 Puberty Quiz – True or False? 

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| 1) | Boys and girls bodies will all change at the same time. |  | T | F |
|  | *False; everyone is different but usually girls start puberty sooner than boys.* |  |  |  |
| 2) | Hormones cause the changes in our bodies at puberty. |  | T | F |
|  | *True; Oestrogen and Testosterone are hormones (messengers) created by our brain that tell our body to change.*  |  |  |  |
| 3)  | All girls’ bodies begin to change at 11 years of age. |  | T | F |
|  | *False; Everyone is different and puberty can start anytime from 8 up to 15 years of age.*  |  |  |  |
| 4) | Girls have periods regularly, once a month from the beginning of puberty. |  | T | F |
|  | *False; It will take time to get periods regularly and as your body adjusts and grows period times can very until you have an established menstrual cycle.* |  |  |  |
| 5) | Periods last for 7 days making girls grumpy throughout that time. |  | T | F |
|  | *False; Some girls may feel low just before a period maybe for a day or two but this normally eases throughout the period.* |  |  |  |
| 6) | There is no need to worry about the size of our sexual organs. |  | T | F |
|  | *True; Everyone is different, we grow differently, look different.*  |  |  |  |
| 7) | You have to wash more thoroughly during puberty. |  | T | F |
|  | *True; Careful to wash the hotspots, underarms, hair, pubic area, feet will help keep you feeling and smelling fresh and nice to be around.* |  |  |  |
| 8) | It is normal to be a little concerned about the changes that are happening to my body. |  | T | F |
|  | *True; The changes are normal and sometimes this can make us anxious if we don’t know what to expect. Talk to someone trustworthy if you have concerns.* |  |  |  |
| 9) | During a period a girl will bleed up to 4 mugs full of blood. |  | T | F |
|  | *False; On average girls will bleed around 4 table spoons (40 ml)of blood. Some girls will have lighter periods and some may be heavier.* |  |  |  |
| 10) | A girl can’t urinate (wee) if she wears a tampon. |  | T | F |
|  | *False; Tampons are inserted into the Vaginal opening and held in place by muscles in the wall. Urine comes from the Urethra, a small opening at the front of the vulva.* |  |  |  |
| 11)  | If I put on deodorant every day or after sport I will not get body odour (BO).  |  | T | F |
|  | *False; Putting deodorant on wont work on its own. You will still need to wash thoroughly and regularly and change your clothes, pants and socks.* |  |  |  |
| 12) | All girls want to eat chocolate during a period. |  | T | F |
|  | *False; Low mood and periods can sometimes make us feel down but there is no evidence that chocolate helps this. Eating healthily, exercising, and talking or laughing with friends are the best to lift your mood.*  |  |  |  |
| 13) | Spots will not come if you use face wash or spot cream |  | T | F |
|  | *False; Spots are caused by hormone changes and the glands in the skin secrete more sebum, sweat and normal bacteria during puberty, normal washing with soap and water is best not to dry out skin.*  |  |  |  |
| 14) | The scrotum (ball sack) scrunches up sometimes for no reason. |  | T | F |
|  | *False; The scrotum is a clever body system that tightly controls the temperature of the testicles inside. When it is cold they scrunch up and become more flaccid when hot.*  |  |  |  |