



## Quiz Answer Key

1. Puberty is the time when you begin developing into an adult.
2. List three changes that happen to boys in puberty:  
any three of the following: body grows bigger, voice changes, body hair grows, muscles develop, testosterone increases, body odor, acne, erections, wet dreams, penis grows longer, testes get bigger, sexual thoughts, strong emotions
3. List three changes that happen to girls in puberty:  
any of the following: breasts develop, menstruation begins, body grows taller, body hair grows, body odor, estrogen increases, weight gain, body fat increases, vaginal discharge, sexual thoughts, strong emotions
4. Which gland in your body releases the hormones that begin puberty?
  - a. pineal
  - b. adrenal
  - c. pituitary
  - d. thyroid
5. True or False: Estrogen is the hormone that causes most of the changes in a boy's body during puberty. T  F  
Estrogen causes changes in a girl's body during puberty. Testosterone is the hormone that causes changes in a boy's body
6. During the menstrual cycle, what is released from a girl's ovaries?
  - a. an egg
  - b. a fallopian tube
  - c. a sperm cell
  - d. blood and tissue
7. What's an Adam's apple?  
The Adam's apple is the place on the front of the throat where the larynx sticks out.
8. Acne is the name for those red bumps called pimples that a lot of kids and teenagers get on their skin.
9. Name two ways you can reduce body odor:  
You can reduce body odor by taking a shower or bath regularly and using deodorant.
10. A girl can wear a bra to protect her breast tissue and keep her breasts supported.