Quiz
Instructions: Answer each question.

1. _______________ is the time when you begin developing into an adult.

2. List three changes that happen to boys in puberty:
   __________________________________________
   __________________________________________
   __________________________________________

3. List three changes that happen to girls in puberty:
   __________________________________________
   __________________________________________
   __________________________________________

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

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?
   __________________________________________
   __________________________________________

8. _______________ 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:
   __________________________________________
   __________________________________________

10. A girl can wear a _______________ to protect her breast tissue and keep her breasts supported.