

## PUBERTY QUIZ ACTIVITY SHEET

In teams, work together to see how much you can remember about puberty.

### ROUND 1: TRUE/FALSE

- |   | TRUE                     | FALSE                    |
|---|--------------------------|--------------------------|
| 1) Puberty is the process where the body goes through a series of changes that prepare it for reproduction. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2) A person's period usually starts three years after they start developing breasts.                        | <input type="checkbox"/> | <input type="checkbox"/> |
| 3) All males experience wet dreams during puberty.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4) Hormones, chemical messengers that affect different parts of the body, lead to the changes at puberty.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5) Males and females have different hormones.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6) There's nothing you can do about body odour once you reach puberty; it's just part of life.              | <input type="checkbox"/> | <input type="checkbox"/> |
| 7) Males and females develop breasts at puberty.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 8) Tampons shouldn't be used until you've lost your virginity.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9) Only females have periods.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 10) Mood swings only happen to females when they have PMS.  | <input type="checkbox"/> | <input type="checkbox"/> |

ROUND 1 MARK

/ 10



## ROUND 2: MULTIPLE CHOICE AND KNOWLEDGE RECALL ROUND

1) What is the age range at which puberty typically begins?

☐ 10 to 13

☐ 7 to 12 for females, and  
9 to 14 for males

☐ 8 to 14

☐ 9 to 15 for females, and  
10 to 16 for males

2) What is the correct order of the phases of the menstrual cycle?

☐ Pre-ovulation, Menstruation, Ovulation, Pre-Menstruation

☐ Pre-ovulation, Ovulation, Pre-Menstruation, Menstruation

☐ Menstruation, Ovulation, Pre-Menstruation, Pre-ovulation

☐ Menstruation, Pre-ovulation, Ovulation, Pre-Menstruation

3) What are the symptoms of PMS (Pre-Menstrual Syndrome)?

☐ Breast tenderness, headaches, backaches, bloating, moodiness, cramps, and food cravings.

☐ Just cramps.

☐ Headaches, backaches, bloating, and cramps.

☐ There are no symptoms; it's all in the head.

4) On reaching puberty, how many sperm cells will a healthy male produce?

☐ Up to 1 million  
per day

☐ 40 to 70 million  
per day

☐ 70 to 150 million  
per day

☐ Males are born with  
all of the sperm cells  
they will ever have.

5) Name four physical or emotional changes that happen at puberty to:

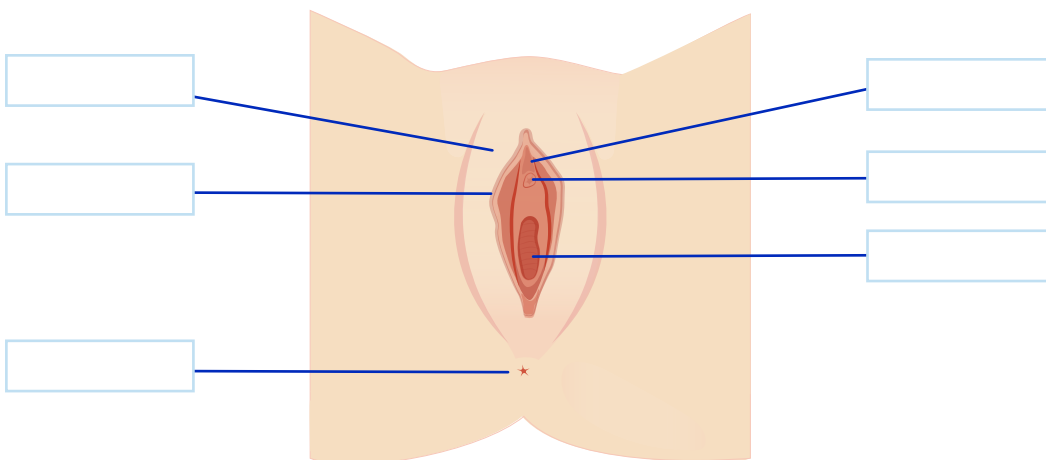
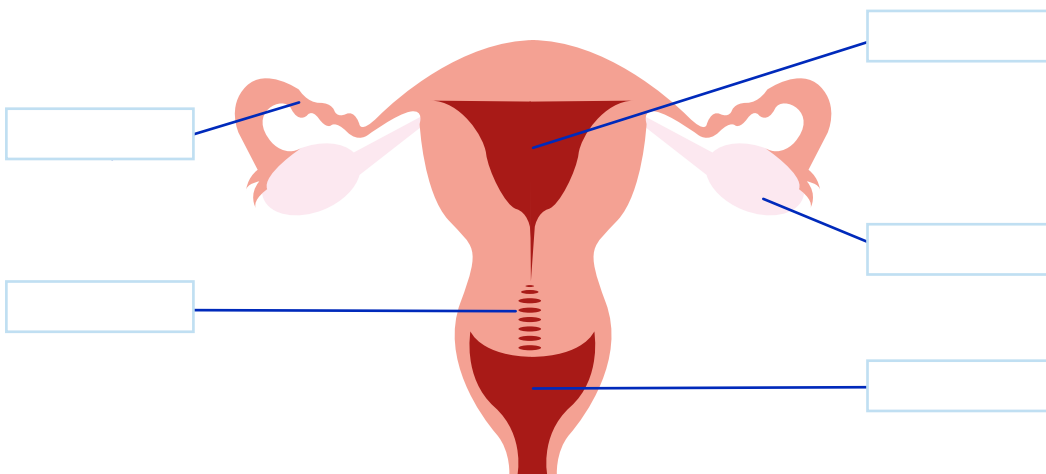
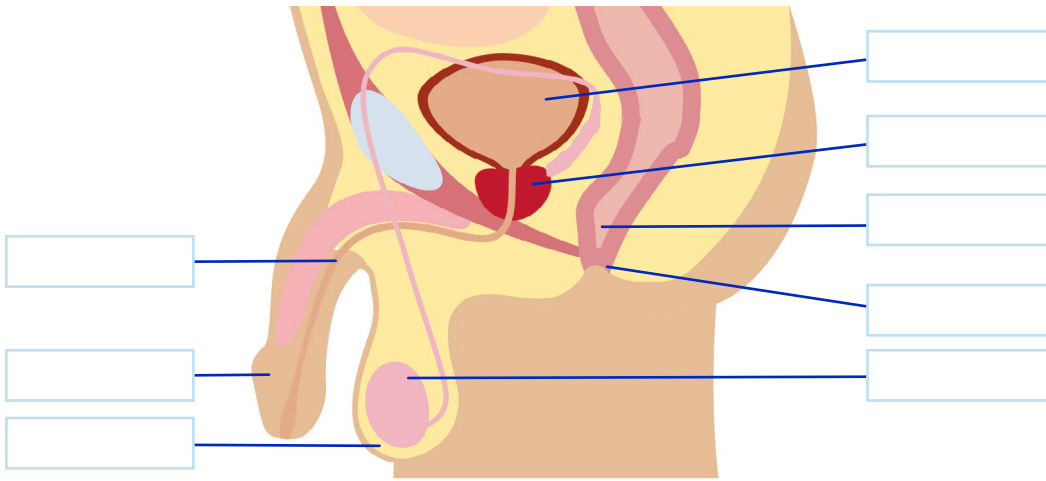
Males	Females	Both

One point per correct answer

**ROUND 2 MARK**

## PICTURE ROUND

Correctly label the following diagrams. You'll have to work out which are the male and female parts!



Anus (x2)
Bladder
Cervix
Clitoris
Fallopian tube
Labia
Vulva
Ovary
Penis
Prostate gland
Rectum
Scrotum
Testis
Urethra (x2)
Vagina
Uterus
Vaginal opening

ROUND 3 MARK

/ 19

TOTAL SCORE

/ 45