



8. True or False: (Circle One)

Good nutrition, exercise and getting enough sleep are important for successful growth and development.

9. True or False: (Circle One)

During puberty you will not experience mental and emotional changes.

10. What are some ways you can handle moodiness?

11. How can you share respect for yourself and others during this time of change?

12. True or False (Circle One)

Changes that occur during puberty are initiated by the hypothalamus, which triggers a small gland called the pituitary gland to release hormones.

13. True or False (Circle One)

Hormones from the pituitary gland circulate through the bloodstream to other parts of the body and set off a chain of events that cause puberty to happen.

14. True or False (Circle One)

The body system is a group of organs that work together to accomplish a job for the body.

15. List three adults you can turn to when you have questions about puberty.

16. True or False: (Circle One)

Erections and nocturnal emissions are normal occurrences for males going through puberty.

17. True or False: (Circle One)

It is important to use protective equipment during athletic activity.