

7. How many times should you brush your teeth each day?
 - a. 1 time
 - b. None
 - c. At least twice
 - d. It's not important to brush your teeth.

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 show 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.

Girls Program

16. Explain the Menstrual Cycle.

17. Which of the following are ways you can take care of yourself during your period?

- a. Get plenty of sleep
- b. Eat healthy foods
- c. Practice Mindfulness
- d. Exercise
- e. All of the above

18. True or False: (Circle One)

Tampons and Pads are examples of feminine hygiene products.

19. Identify major body organs of the female reproductive system and provide the correct terminology for each.

20. Recognize the basic physiology of the male reproductive system.

21. True or False: (Circle One)

Sexual Intercourse is the joining of the male and female reproductive systems

22. True or False: (Circle One)

Conception occurs when a baby is born.

23. Partner Activity:

Make a list of your responsibilities as a 6th grader. Next, make a list of your parent's responsibilities. How are they similar? How are they different?

24. True or False: (Circle One)

Abstinence is normal, healthy, and the only way to guarantee to prevent pregnancy.