

Name: _____

6th Grade Boys: Preparing for Puberty Discussion Guide

1. True or False (Circle One)
Puberty is a time of change and growth leading up to adulthood.
2. True or False (Circle One)
Puberty happens at the same time for boys and girls
3. True or False (Circle One)
Changes that happen during puberty are normal and healthy.
4. Which of the following are physical changes that happen during puberty?
 - a. Growth Spurt
 - b. Pimples
 - c. Body Odor
 - d. Increase Hunger
 - e. Weight Gain
 - f. Voice Change
 - g. All of the Above
5. List two ways you can prevent body odor.

6. How can you prevent acne?

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.

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16. True or False: (Circle One)

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

17. Recognize major body organs of the male reproductive system and provide correct terminology for each.

18. Recognize basic physiology of the female reproductive system.

19. True or False: (Circle One)

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

20. True or False: (Circle One)

Conception occurs when a baby is born.

21. 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?

22. True or False: (Circle One)

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