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| **Puberty Quiz** | **Statement** | **True/ False & Debrief** |
| **Q1** | Puberty is the same for everyone | **False -** people will start puberty at a slightly different time and will develop differently, it’s important to respect that we are all different.  The biggest difference is whether someone has a penis or a vulva, as this will effect which changes might happen to them during puberty. |
| **Q2** | Puberty starts for everyone when they are 21 years old | **False -** puberty starts sometime between the ages of 7 and 16 and the process takes several years to complete, and the speed of these changes will be different for everyone. |
| **Q3** | It’s important to learn about these changes, even though it can feel awkward | **True –** though it can feel awkward to talk about our bodies it’s very important. It helps us feel more prepared for what might happen during puberty, so it’s less confusing and scary. We can also understand that puberty happens to everyone and where to go if we have questions. Talking about puberty also helps us to learn how to take care of ourselves to keep us healthy, both in our bodies but also with our feelings. |
| **Q4** | It’s important to wash more often once we reach puberty | **True –** during puberty, our bodies get sweatier and smellier. Our hair also gets greasier. It’s important to wash every day and change our clothes regularly. We may choose to use deodorant or antiperspirant to prevent body odour. |
| **Q5** | Everyone will get lots of spots during puberty | **False –** getting spots is a common change during puberty (this can be on your face, back or anywhere on your body) but not everyone will get them and you might not have lots. |
| **Q6** | The hormones which cause changes during puberty, can also affect how we feel | **True -** the hormones released in puberty can impact our emotions and feelings. Make sure you are kind to yourself and others. Do things which help you feel positive. Getting enough sleep, doing some exercise and eating healthily can also help. During puberty you might start thinking about who you fancy and start thinking about sexual things. |
| **Q7** | Everyone will get their period during puberty | **False –** only people with vulvas and wombs can get periods. They start during puberty and happen on average about once a month. |
| **Q8** | More hair grows on our bodies during puberty | **True –** one of the changes of puberty is getting hairier. People may get more hair on their legs, under their arms and on their genitals. People with penises tend to be more hairy, but not always – hair might grow on their chins and upper lip, chest and backs too. |
| **Q9** | Period pads and tampons are used to manage period blood | **True -** there are different options for catching the period blood, pick what works for you. There are pads, tampons, menstrual cups and period pants. Periods are natural and normal. They are not dirty. |
| **Q10** | If you have a question about puberty just keep it to yourself | **False –** If you have questions or problems relating to your body or what we’ve discussed in this lesson please speak to an adult you trust. |