

BOYS PRE TEST

1. **For most boys, puberty begins between the ages of 10 and 17.**

The answer to this is **TRUE**- Boys usually start puberty a little later than girls usually 1-2 years later. These changes take place over a period of 4-5 years.

2. **All boys start shaving during puberty.**

The answer to this **FALSE**- it all depends on how soon your facial hair appears and how thick it becomes, as well as your personal preference. Generally heavy facial hair doesn't develop until later in puberty, maybe not until you're 16 or older.

3. **Mood swings are often a part of puberty.**

The answer to the is **TRUE**- Boys may notice that sometimes their feelings about things change without any apparent reason. One day they may be in a great mood, and the next they may feel irritable or supersensitive.

4. **To help smell fresh, shower and apply deodorant once a week.**

The answer to this is **FALSE**- we should shower every day not once a week. Then after you shower you should apply deodorant and clean clothes- this includes underwear and socks.

5. **During puberty, your voice may “crack” because your vocal cords are growing.**

The answer to this is **TRUE**- during puberty between the ages of 11-16, Vocal cords increase in size, causing voice to deepen, some boys may experience voice “cracking” or change in pitch in mid-sentence.

6. **Wet dreams are abnormal.**

The answer to this is **FALSE**- this is completely **normal** !!! Wet dreams, also called “nocturnal emissions” happen to boys going through puberty. This is when ejaculation unknowingly occurs during sleep. He may find wet semen on his pajamas or sheets when he wakes up. Wet dreams can be embarrassing, but they are also perfectly normal.

7. **Changes that happen during puberty usually happen at once.**

The answer to this is **FALSE**- these changes take place over a period of 4-5 years.

8. **Puberty involves physical and emotional changes.**

The answer to this is **TRUE**- the male stages of development are typically described by the five Tanner stages of genital and pubic hair growth, along with other signs of male maturation: the deepening of the voice, the growth spurt, muscle development, and the growth of facial and body hair. Emotional changes or how you are feeling also happen- one minute you could be happy and then the next you are so upset.

We call these "mood swings". This is normal and will come and go.

9. For most boys, during puberty:

The answer is **E All of the above**- as discussed in question 8
Boys go through all of these changes during puberty.

10. One body change that happens to you during puberty is:

The answer to this is **B- you sweat more**-at puberty, the apocrine glands (located primary under the arms and in the genital area) become active. Emotions like tension, nervousness, and excitement stimulate these glands to produce a milky-looking perspiration, causing body odor when it comes into contact with bacteria on the skin- this is why it is so important to shower daily, apply deodorant daily, and change into clean clothes and underwear daily.