

## Girls Pre Test Answers

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

The answer is **TRUE**- your body will go through lots of **physical changes**, you might get tall, breast will start to develop, skin and hair will start to get oily-may start getting pimples, you might start to grow hair under armpits and pubic area, the biggest physical change is that you will **start your PERIOD**. **Emotional change**- that word emotional means "how you are feeling"- sometimes we can become moody or even sad. It's quite normal to feel a bit up and down at times, especially with all these changes going on.

2. **To help bust body odors, shower and apply deodorant once a week.**

The answer 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.

3. **For most girls, puberty begins between the ages of 8 and 13.**

The answer is **TRUE**- for most girls this around the time you will start going through puberty.

4. **On average, the menstrual flow lasts 3 to 7 days.**

The answer is **TRUE**- what they mean by "flow" is the blood coming out on the pad. Everyone is different so the days can vary from person to person.

5. **You should not bathe, exercise or swim when you have your period.**

The answer is **FALSE**- as we talked about in question 2 showering daily and wearing deodorant helps eliminate body odor or "BO". Exercising can actually help if you have cramps- or "period cramps" as they call them- these are an ache or cramp in the lower abdomen or sometimes in your back or along your inner thighs. Period cramps are nothing to worry about they are normal and part of having a period- again some people will get them and some will not. Everyone is different! If you do experience cramps, there are ways to ease them:

- Take a warm bath
- Place a heating pad on lower abdominal area
- Light exercise

If the cramps do not ease up, then talk to your parent or guardian about medication you can take Over-the-counter to help ease pain of the cramps.

6. **Periods always come on a regular schedule.**

The answer is **FALSE**- Especially at first you might get your period one month then skip it the next month, this might take a year or so to get on track and become regular but eventually you should get on your own regular **menstrual cycle**- which is the days from start of your period to the start of your next period. The average cycle is 28 days but this also varies from person to person. It can range from anywhere from 21-35 days.

The best way to keep track is if you have a smart phone you can download a period tracker app. & log it there or if you don't have a phone you can just put a sticker or star on the date you started your period and then count 28 days then place another sticker or star on that date. This way you will have an estimated date for the next time you might get your period so you are ready.

7. **Everybody can tell when you are having your period.**

The answer is **FALSE**- the only way someone will know you have your period is if you tell them. The only person you need to tell is the parent or guardian that will need to help you get supplies- pads, panty liners etc. Anyone else is up to you. That is your personal information and it is totally up to you who you tell.

8. **You should change a pad every 3 to 4 hours.**

The answer to that is **TRUE**- you should at least change it every 3 to 4 hours. Sometimes your "**flow**" is heavier the 1<sup>st</sup> couple of days and you might need to change it more often. Eventually it will get lighter and lighter until it is gone for that month or cycle. Again that is different for everyone. They make different types of pads for different types of "**flows**" so it's important to talk to your parent or guardian who is buying your supplies so they know which ones to get you.

9. **The changes that happen to you during puberty usually happen:**

The correct answer is **B: gradually over a few years**- these changes usually don't happen overnight or on a specific day. They are changes within your body that happens gradually over a long period of time.

10. **During puberty, girls:**

The answer is **D: all of the above**- like we talked about in question 1- we go through physical changes- develop breasts, have periods, grow hair under arms and in pubic area.

