

Girls Pre Test

For each of the statements below, select the best answer from the choices given.

1. Puberty involves physical and emotional changes.

True / False

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

True / False

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

True / False

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

True / False

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

True / False

6. Periods always come on a regular schedule.

True / False

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

True / False

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

True / False

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

- a. overnight
- b. gradually, over a few years
- c. on your 11th birthday
- d. in two weeks

10. During puberty, girls:

- a. develop breasts
- b. have their periods
- c. grow hair under their arms and in their pubic area
- d. all of the above