

# 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 11<sup>th</sup> birthday
  - d. in two weeks
10. During puberty, girls:
  - a. develop breasts
  - b. have their period
  - c. grow hair under their arms and in their pubic area
  - d. all of the above

# GIRLS POST-TEST

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

1. You can't participate in any activities when you have your period.  
TRUE      FALSE
2. Menstruation occurs when the lining of the uterus is shed.  
TRUE      FALSE
3. Menstruation is the same thing as having your period.  
TRUE      FALSE
4. Periods always come on a regular schedule.  
TRUE      FALSE
5. During your period, you will lose about two cups of blood.  
TRUE      FALSE
6. Estrogen causes the changes that happen to your body during puberty.  
TRUE      FALSE
7. Feminine protection products should be selected based on your flow.  
TRUE      FALSE
8. Showering daily and using an antiperspirant/deodorant can help me smell fresh.  
TRUE      FALSE
9. Estrogen is:
  - a. a sweat gland
  - b. an emotional reaction to puberty
  - c. the primary female hormone
  - d. the primary male hormone
10. An average menstrual cycle is:
  - a. 28 days
  - b. 3 days
  - c. 7 days
  - d. 50 days