

# PUBERTY QUIZ – GRADE 5 & 6

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1. **What are the hormones that cause puberty to begin?**
2. **What are three changes that happen to all bodies during puberty?**
3. **What can you do if you start to notice body odour?**
4. **What is happening when someone gets their period?**
5. **What is an erection?**
6. **What are three things you can do if you are feeling upset/angry/sad?**
7. **List all of the people who you could talk to if you needed to talk and/or had questions about puberty.**

## ANSWERS

- 1. Testosterone, estrogen and progesterone.** Typically people with penises will have more testosterone and people with vulvas will have more estrogen and progesterone. Puberty begins when the pituitary gland signals the ovaries and testicles to start producing hormones, which then causes the various changes in our bodies.
- 2. Growth (taller and wider), voice lowers, body odour, hair growth on limbs, underarms and genitals, acne/pimples, growth of genitals, develop feelings/crushes, mood swings/ emotional changes, sweating more**
- 3. Shower/bathe more often using soap, wash underarms and feet with soap, wash socks and underwear every day, wash clothes as needed, wear deodorant.** You may also want to wash your face more often to help with oil and breakouts!
- 4. Periods are the lining of the uterus shedding.** Each month the lining of the uterus grows in case a person gets pregnant. But if you are not pregnant you do not need this lining, so it sheds. Periods (or menstruation) can be red, pink, rusty or brown in colour. They are sometimes heavy and sometimes light and sometimes in between. Each period generally lasts 3-7 days. Most people get their period approximately once every month, but everyone is different. When you first start getting your period you may not get it every month.
- 5. An erection happens when blood flows into the penis at a faster rate than it flows out.** This causes the penis to get larger and harder. Sometimes erections can happen for no reason at all, like when you are sitting in class. Don't worry, it will go away and likely no one will notice.
- 6. Anything that works for you!** This might include: alone time, listening to music, going for a walk/jog, napping, exercising, deep breathing, hanging out with your pet etc.
- 7. Anyone who you trust!** People may include: parents, guardians, other family members, teachers, counselors, friends etc.