

# PUBERTY QUIZ – GRADE 4

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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 (smell)?**
4. **Where does new hair grow during puberty?**
5. **What is a mood swing?**
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. New hair will grow in the armpits, on, around and above the genitals. It also starts to grow on the face and neck, more typically for people with penises.** Arm and leg hair will also get thicker. Hair won't grow in all at once, it will take time!
- 5. A mood swing is when you change from feeling one emotion to another very quickly, and without a reason.** Hormones can cause us to change from sad to happy to angry and other feelings all of a sudden, and sometimes to feel more than one of those at the same time. This can be confusing and frustrating.
- 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 a pet etc.
- 7. Anyone who you trust!** People may include: parents, guardians, other family members, teachers, counselors, friends etc.