



Activity sheet

Puberty statements: true or false?

Circle the answer you think is correct – then write your reasons

1. *Puberty only affects girls.*

True **False** **Not sure**

Reasons:

2. *Puberty starts when you are 11 years old.*

True **False** **Not sure**

Reasons:

3. *Everybody experiences puberty.*

True **False** **Not sure**

Reasons:

4. *When people are going through puberty, they become really moody.*

True **False** **Not sure**

Reasons:

5. *If a girl starts her periods, she is an adult.*

True **False** **Not sure**

Reasons:



6. *Girls start puberty before boys.*

True False Not sure

Reasons:

7. *An average period produces two tablespoons of blood overall.*

True False Not sure

Reasons:

8. *Puberty is over by the time you get to 13.*

True False Not sure

Reasons:

9. *Spots appear on the face during puberty.*

True False Not sure

Reasons:

10. *Many of the things people consider a problem settle down after puberty.*

True False Not sure

Reasons:
