

# Puberty Quiz

		TRUE	FALSE	NOT SURE
	<b>1. It is ok if your friends fancy someone and you don't</b>			
	<b>2. Periods are always painful</b>			
	<b>3. A female cannot swim or wash her hair when she is having a period</b>			
	<b>4. A condom is not reliable as a means of preventing pregnancy. If a condom is used during sexual intercourse it can help prevent pregnancy</b>			
	<b>5. Women lose a litre of blood during a period</b>			
	<b>6. A female can't get pregnant the first time she has sexual intercourse</b>			
	<b>7. Everyone starts puberty when they are 12</b>			
	<b>8. A female can't get pregnant when she's on a period</b>			
	<b>9. All boys have the same size penis</b>			
	<b>10. During puberty, people sweat much more</b>			
	<b>11. Masturbation is normal</b>			
	<b>12. Conception means a baby has been made</b>			
	<b>13. When a person has started puberty, they are ready to have sex</b>			
	<b>14. Males have a wet dream every night</b>			
	<b>15. Girls develop breasts at puberty so that they can breast feed if they have children when they are older</b>			

# Puberty Quiz

## Puberty Quiz Answers

### **1. Is it ok if your friends fancy someone and you don't: TRUE**

Physical attraction is similar to puberty, it happens at different ages for different people. You will fancy someone when you are ready; it is nothing to worry about if you have not got a girl/boyfriend.

### **2. Periods are always painful: FALSE**

They are not always painful, but they can be sometimes and if they are you should go to the Doctor, explain its different for everyone, exercise, hot water bottle, paracetamol can all help. Periods should not stop normal activity.

### **3. A female cannot swim or wash her hair when she is having a period: FALSE**

It is ok to do both, exercise might help, if a girl goes swimming she should still use sanitary protection, (tampon), discuss using tampons with an adult first.

### **4. A condom is not reliable as a means of preventing pregnancy. If a condom is used during sexual intercourse it can help prevent pregnancy: TRUE**

A condom is only reliable as a means of preventing pregnancy. It is only about 85% effective, for 99% effective contraception consider another method, eg. LARC with a condom for protection against STIs. (Only mention this if it is appropriate for your class).

### **5. Women lose a litre of blood during a period : FALSE**

Usually no more than 80ml 4 tablespoons (about an egg cup full).

### **6. A female can't get pregnant the first time she has sexual intercourse: FALSE**

This is another myth, sexual positions also do not matter for example sex standing up. A girl can also get pregnant whilst having a period and can also get pregnant even if her period has not started, there may be eggs already released.

### **7. When a person has started puberty, they are ready to have sex. FALSE**

Explain that even though someone's body might be prepared physically, emotionally they may not be ready. Sex under 16 is against the law.

### **8. Males have a wet dream every night. FALSE**

Males may sometimes have a wet dream, which is when semen comes out of the penis when the male is asleep at night; it is also called a nocturnal emission. It is a sign that the testes are starting to produce this is normal and nothing to worry about or be ashamed of.

### **9. Girls develop breasts at puberty so that they can breast feed if they have children when they are older. TRUE**

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The female hormones change when a lady gives birth to a baby, usually breast milk is produced naturally and women can then breastfeed their baby.

## **10. During puberty people sweat much more. TRUE**

This is a time when people should take more care with their personal hygiene, (mention using deodorants, regular baths/showers and washing hair, changing clothes especially after PE or sporting activities).

## **11. Masturbation is normal TRUE**

Masturbation means, touching, rubbing or stroking your own or another person's sexual organs for pleasure in private, it is called lots of other names such as wanking. It is acceptable to masturbate.

## **12. Conception means a baby has been made TRUE**

This is when a man and woman have sexual intercourse and sperm is released into the vagina and an egg fertilised which creates pregnancy.

## **13. When a person has started puberty, they are ready to have sex**

Explain that even though someone's body might be prepared physically, emotionally they may not be ready. Sex under 16 is against the law.

## **14. Males have a wet dream every night**

Males may sometimes have a wet dream, which is when semen comes out of the penis when the male is asleep at night; it is also called a nocturnal emission. It is a sign that the testes are starting to produce this is normal and nothing to worry about or be ashamed of.

## **15. Girls develop breasts at puberty so that they can breast feed if they have children when they are older.**

The female hormones change when a lady gives birth to a baby, usually breast milk is produced naturally and women can then breastfeed their baby.