

The Teenage Survival Handbook - Chapter 1 Questions

Name: _____

Date: _____

Answer all of the following questions:

1. What is *puberty*?
2. When does puberty happen? Does it happen at the same time for everyone? Explain.
3. What are some of the changes you'll notice with puberty?

Boys:

Girls:
4. What is testosterone?
5. What is estrogen?

6. Why do we get pimples?

7. What is sebum?

8. What is acne?

9. Why do some people seem very clumsy during puberty?

10. All of your bones do not grow at the same rate. Which ones tend to grow first?

11. Why does it seem that girls mature before boys?

12. Tell me one thing you learned from reading this section of *the Teenage Survival handbook*.