

Boys Post Test

1. During puberty, some boys may have emotional ups and downs.

The answer to this is **TRUE**- like it stated in the **pretest** question 8- boys will go through emotional changes- how we "**feel**"- or "**mood swings**" this is perfectly normal and will come and go.

2. All boys start shaving during puberty.

The answer to this is **FALSE**- everyone is different and it depends on how soon your facial hair appears and how thick it becomes, as well as your personal preference. Generally, heavy facial hair doesn't develop until later in puberty, maybe not until you're 16 or older.

3. Wet dreams are abnormal.

The answer to this is **FALSE**- like it stated on the **Pretest question 6**- this is completely **normal !!!** Wet dreams, also called "nocturnal emissions" happen to boys going through puberty. This is when ejaculation unknowingly occurs during sleep. He may find wet semen on his pajamas or sheets when he wakes up. Wet dreams can be embarrassing, but they are also perfectly normal.

4. During puberty, your voice may “crack” when you are talking. This is because your vocal cords are growing.

The answer to this is **TRUE**- as it stated on the **pretest question 5**- during puberty between the ages of 11-16, Vocal cords increase in size, causing voice to deepen, some boys may experience voice “cracking” or change in pitch in mid-sentence.

5. Physical changes in boys occur as a result of estrogen.

The answer to this is **FALSE**- Testosterone (primary male hormone) triggers a number of physical changes for boys- these changes were listed in the **pretest Questions 8 and 9**- the male stages of development are typically described by the five Tanner stages of genital and pubic hair growth, along with other signs of male maturation: the deepening of the voice, the growth spurt, muscle development, and the growth of facial and body hair, penis and testicles grow larger.

6. Showering daily and using deodorant are the only ways to fight body odor and wetness.

The answer to this is **FALSE**- along with showering and applying deodorant **DAILY**, you must also put on fresh clean clothes, this also includes underwear and socks. Doing all of these will keep you smelling and feeling great!!!!

7. Testosterone is:

The answer to this **D: Primary Male Hormone**- this hormone triggers a number of physical changes for boys during puberty.

8. A growth spurt means you may grow several inches at once and that is normal.

The answer to this is **TRUE**- this is one of the physical changes that happens to boys during puberty- A boy may shoot up several inches in a relatively short time and may feel like he's all arms and legs for a while. Boys and girls may experience "growing pains": occasional dull aches- usually in the legs and often in the morning or evening- that results from the strain their vigorous daytime activities put on growing muscles and bones. Perfectly healthy children have them, and there's usually no need to reduce their activity. In addition, boys' muscles will develop, the chest will become broader, and weight gain will probably occur.

9. Semen is a fluid that contains sperm.

The answer to this is **TRUE**- this is also called seminal fluid; it is a white, milky liquid that carries sperm and other fluids out of the penis during ejaculation.

10. Sperm are made in the:

The answer to this is: **D- Testicles**- The two oval-shaped testicles, or testes make and store millions of tiny sperm cells. The testicles also make the hormone Testosterone- which was discussed earlier "primary male hormone" which causes the physical and emotional changes to occur with puberty.