

GIRLS PRE-TEST

For each of the statements below, select the best answer from the choices given.

1. Puberty involves physical and emotional changes.
TRUE FALSE
2. To help bust body odors, shower and apply deodorant once a week.
TRUE FALSE
3. For most girls, puberty begins between the ages of 8 and 13.
TRUE FALSE
4. On average, the menstrual flow lasts 3 to 7 days.
TRUE FALSE
5. You should not bathe, exercise, or swim when you have your period.
TRUE FALSE
6. Periods always come on a regular schedule.
TRUE FALSE
7. Everybody can tell when you are having your period.
TRUE FALSE
8. You should change a pad every 3 to 4 hours.
TRUE FALSE
9. The changes that happen to you during puberty usually happen:
 - a. overnight
 - b. gradually, over a few years
 - c. on your 11th birthday
 - d. in two weeks
10. During puberty, girls:
 - a. develop breasts
 - b. have their period
 - c. grow hair under their arms and in their pubic area
 - d. all of the above

GIRLS POST-TEST

For each of the statements below, select the best answer from the choices given.

1. You can't participate in any activities when you have your period.
TRUE FALSE
2. Menstruation occurs when the lining of the uterus is shed.
TRUE FALSE
3. Menstruation is the same thing as having your period.
TRUE FALSE
4. Periods always come on a regular schedule.
TRUE FALSE
5. During your period, you will lose about two cups of blood.
TRUE FALSE
6. Estrogen causes the changes that happen to your body during puberty.
TRUE FALSE
7. Feminine protection products should be selected based on your flow.
TRUE FALSE
8. Showering daily and using an antiperspirant/deodorant can help me smell fresh.
TRUE FALSE
9. Estrogen is:
 - a. a sweat gland
 - b. an emotional reaction to puberty
 - c. the primary female hormone
 - d. the primary male hormone
10. An average menstrual cycle is:
 - a. 28 days
 - b. 3 days
 - c. 7 days
 - d. 50 days