Please answer the following questions with the information you learned in the Human Growth and Development video:

1. A period of several years during which a person changes from a child into an adult; usually occurring in the teen years is known as **puberty**.  
   TRUE  FALSE

2. Who typically begins growth spurt first? Circle one.  
   BOYS  GIRLS

### Physical Changes

3. Circle all of the physical changes that occur during puberty:
   - Acne/Pimples
   - Hair turns grey
   - Body odor
   - Grow taller
   - Shoulders widen
   - Skin wrinkles
   - Emotional changes
   - Hair grows on legs, under arms, and in pubic area
   - Wet dreams
   - Weight decreases
   - Voice becomes lower pitched

4. Can I smell my own body odor?  YES  NO

5. List 2 things we can do to prevent body odor. _____________ and ______________

6. There are 15,000-20,000 oil glands on the face that can cause pimples.  TRUE  FALSE

### Reproductive organs

7. Sperm and urine are released from the body at the same time.  TRUE  FALSE

8. An erection happens when the tiny blood chambers fill with blood, causing the penis to enlarge and become firm.  TRUE  FALSE

9. Circle the all the correct answers: An ejaculation is__________.
   - Seminal fluid leaving an erect penis
   - A nocturnal emission (wet dream)
   - 20,000,000 to 50,000,000 sperm are released each time this happens
10. Circle the correct answer(s) about the testicles:

   - Normally are the size of an olive or small plum
   - Produce 200,000,000 sperm per day
   - Two organs that hang outside the body
   - Produce the hormone estrogen
   - Can be injured when struck, possibly leading to the inability to produce sperm

11. Sperm are sensitive to temperature.                      TRUE   FALSE
12. Testosterone is produced by the Testicles.             TRUE   FALSE
13. Write the name of the male sex cell.                   
14. It takes only one sperm to fertilize an egg.            TRUE   FALSE

Factors to Improve Health

15. List 2 things we can do to keep our bodies healthy during this time of major growth and change.               and               
16. List 2 people you feel like you can talk to and ask questions that you may have about puberty.                  and               

Please write down 2 questions you have about puberty.
1.                                                                                                                  
   ____________________________________________________________________________________________________
2.                                                                                                                  
   ____________________________________________________________________________________________________

Thanks!