

# Human Growth and Development

## 5<sup>th</sup> Grade Girls



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      Start period      Grow taller  
Breast development      Hips widen      Skin wrinkles      Emotional changes  
Hair grows on legs, under arms, and in pubic area      Vaginal discharge      Weight decreases

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**

### Menstrual Cycle

7. How often does a woman have her period? Circle one.      **Weekly**      **Monthly**      **Yearly**
8. Each month a woman's period should last how many days? \_\_\_\_\_
9. List 2 products that women use when they are on their period. \_\_\_\_\_ and \_\_\_\_\_
10. Pads are on the outside of the body and tampons are put inside of the vagina. **True** **False**
11. Pads/Tampons should be changed how often? Circle one.      **Every hour**      **Once a day**      **Every 3-4 hours**
12. I should not sleep overnight with a Tampon in. **True** **False**
13. Pads and Tampons can be flushed. **TRUE** **FALSE** Dispose of them in a \_\_\_\_\_.
14. What happens if I start my period at school and I don't have a pad/tampon with me?  
\_\_\_\_\_

15. Can I go swimming when I'm on my period?    **YES**    **NO**  
16. Should I sit out from PE and sports when I'm on my period?    **YES**    **NO**

**Factors to Improve Health**

17. List 2 things we can do to keep our bodies healthy during this time of major growth and change: \_\_\_\_\_ and \_\_\_\_\_.  
18. 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. \_\_\_\_\_  
\_\_\_\_\_

