

Girls pretest

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 periods
- c. grow hair under their arms and in their pubic area
- d. all of the above



Girls posttest

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 2 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

