

TRUE

FALSE

NOT SURE

The ovaries start to release eggs when girls go through puberty.

The lining of the vagina is shed when girls menstruate (have their period).

A girl shouldn't go swimming when she has her period.

All the changes that happen around puberty can be seen on the outside of your body.

Only boys' voices get deeper during puberty.

A girl can't go to the toilet when she's wearing a tampon.

Boys usually reach puberty before girls.

Puberty statements

**Once a girl starts having periods,
she can get pregnant if she has sex.**

**When boys mature sexually,
they start to make sperm cells
once a month.**

It's normal for young people to sometimes feel self-conscious about their changing bodies during puberty.

The testicles start to make sperm when boys go through puberty.

Teenagers reach puberty at different ages and their bodies develop in different ways.

The physical changes that happen around puberty are controlled by hormones.

The fluid that comes out of a boy's penis when he's having a wet dream is called semen.

If you wash your face regularly, you won't get pimples during puberty.

It's normal for girls to notice they have one breast that's slightly bigger than the other.

Penis size and shape is different for each male, but most penises are about the same size when they're erect (stiff).

Puberty statements

During puberty, only girls have mood swings (e.g., being very sad, angry, or happy).

Boys might notice some breast growth when they go through puberty.

Most girls will start to have periods between the ages of eight and sixteen.

You can always tell when a girl has her period.

Puberty statements

If a boy has an erection in public, it shows that he is thinking about sex.

It's okay to have strong feelings for another person (i.e., a boy, girl, friend, or an adult).

There's nothing wrong with a penis if it's curved or hangs to one side.

It's okay to flush pads and tampons down the toilet.

It's normal for one testicle to hang lower than the other.

It's safe for a girl to touch her pubic area.

If a boy masturbates too much, he'll use up all his sperm.

Hormones are natural chemicals that travel in the bloodstream.
