



Module 1: Understanding Ourselves: Growth and Development.

Lesson 1: Changes During Puberty - Assessment

Multiple Choice Questions

1. What triggers the changes experienced during puberty?
 - a) School environment
 - b) Family routines
 - c) Hormones
 - d) Peer pressure
2. During puberty, which of the following is NOT a typical physical change?
 - a) Growth of new hair
 - b) Increased interest in dating
 - c) Growth in height
 - d) Development of acne
3. Which change is associated with the emotional aspect of puberty?
 - a) Developing deeper voice
 - b) Getting a driver's license
 - c) Feeling more sensitive
 - d) Growing taller
4. What is a healthy way to manage emotions during puberty?
 - a) Ignoring them
 - b) Talking to a trusted adult
 - c) Keeping feelings inside
 - d) Avoiding friends
5. At what age does everyone start puberty?
 - a) Exact age 10
 - b) Exact age 12
 - c) It varies for everyone
 - d) Exact age 14

6. What is one key reason for emotional changes during puberty?
 - a) Change of friends
 - b) School difficulty
 - c) Hormonal changes
 - d) New technology
7. Which is a social change associated with puberty?
 - a) Gaining weight
 - b) Desire for independence
 - c) Developing allergies
 - d) Learning to ride a bike
8. What happens to friendships during puberty?
 - a) They become insignificant
 - b) They grow more important
 - c) They disappear
 - d) They lead to arguments only
9. Why might someone feel confused during puberty?
 - a) Due to lack of sleep
 - b) Because of new responsibilities
 - c) Hormonal changes affecting emotions
 - d) Because of holiday stress
10. How can one manage stress during puberty?
 - a) Engage in unhealthy eating
 - b) Talk to a counselor
 - c) Isolate from friends
 - d) Skip classes
11. What is an example of an emotional change during puberty?
 - a) Hair getting curly
 - b) Frequent mood swings
 - c) New clothing trends
 - d) Enhanced academic performance

12. Social changes during puberty include:
- a) Bigger shoe size
 - b) Desire for a pet
 - c) Building healthy relationships
 - d) Learning to swim
13. What role do hormones play in puberty?
- a) They cause stress
 - b) They have no effect
 - c) They trigger puberty changes
 - d) They control appetite
14. What is the role of a supportive adult during puberty?
- a) Criticize emotional changes
 - b) Encourage open communication
 - c) Ignore concerns
 - d) Dismiss the process as unimportant
15. During puberty, why is it important to talk about your feelings?
- a) Keeps you strong physically
 - b) Helps manage emotions
 - c) Improves academic grades
 - d) Eliminates mood swings
16. Puberty can affect one's:
- a) Sleeping pattern only
 - b) Physical, emotional, and social aspects
 - c) Afternoon routines
 - d) Shopping habits
17. One aspect of social change is:
- a) Skin developing wrinkles
 - b) Friendships becoming more significant
 - c) Hair color change
 - d) Height decrease

18. What might you experience more during the emotional changes of puberty?

- a) Hunger
- b) Mood swings
- c) Sudden academic interest
- d) Frequent traveling

19. New hair growth during puberty typically occurs:

- a) Only on the scalp
- b) In various body areas
- c) Only on the arms
- d) On the palms of the hands

20. What type of diet is beneficial during puberty?

- a) High in sugars
- b) Balanced with fruits and vegetables
- c) Fast food-based
- d) Low in nutrients

21. Which of the following can help improve self-esteem during puberty?

- a) Comparing oneself with others
- b) Setting achievable goals
- c) Focusing only on flaws
- d) Seeking constant approval

22. What is an appropriate bedtime routine for teenagers experiencing puberty?

- a) Staying up late on social media
- b) Consistent sleep schedule
- c) Napping frequently during the day
- d) Watching TV until falling asleep

23. Why is regular physical exercise important during puberty?

- a) To avoid studies
- b) It helps in physical and mental well-being
- c) It's unimportant
- d) To become the most popular

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25. Which emotional coping mechanism is unhealthy during puberty?
- a) Expressing emotions through art or writing
 - b) Bottling up feelings
 - c) Seeking help
 - d) Talking it out with a friend

True or False

1. True or False: Hormones play no role in the changes that occur during puberty.
2. True or False: Everyone experiences puberty the same way, with identical changes and effects.
3. True or False: Mood swings are a common emotional change during puberty, influenced by hormonal shifts.
4. True or False: Developing a desire for more independence is a social change that may occur during puberty.
5. True or False: Physical growth during puberty occurs at the same rate for all individuals.
6. True or False: Embracing healthy coping strategies is crucial for managing the different changes during puberty.
7. True or False: Acne and body odor are signs of the physical changes experienced during puberty.
8. True or False: Emotional changes during puberty can include increased sensitivity and mood swings.

9. True or False: Forming new friendships and becoming more independent from parents are ways that social changes manifest during puberty.

10. True or False: It's common to feel confused or unsure about oneself during puberty, and talking to a trusted adult can be helpful.

Fill in the Blank

Word Bank: relationship, sensitivity, acne, taller, puberty, hormones, mood swings, friendship, independence, adult

1. During _____ your body transitions into an adult.
2. Special chemicals called _____ cause the body to change during puberty.
3. One physical change is getting _____.
4. Your body may produce more oil, leading to _____.
5. Hormones can affect your feelings and lead to _____.
6. You might feel more _____.
7. _____ grow as relationship become more important.
8. Some start to desire more _____ from their parents.
9. If you feel sad or confused, talk to a trusted _____.
10. Open communication is crucial for building healthy _____.

Short Answer Questions

1. What changes might happen to your appearance during puberty?
2. Describe an emotion you might feel during puberty.
3. What kind of new hobbies or interests might emerge during puberty?