



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
24. 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
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 puberty your body transitions into an adult.
2. Special chemicals called hormones cause the body to change during puberty.
3. One physical change is getting taller.
4. Your body may produce more oil, leading to acne.
5. Hormones can affect your feelings and lead to mood swings.
6. You might feel more sensitivity.
7. Friendship grow as relationship become more important.
8. Some start to desire more independence from their parents.
9. If you feel sad or confused, talk to a trusted adult.
10. Open communication is crucial for building healthy relationships.

Short Answer Questions

(Answers should be similar below.)

1. What changes might happen to your appearance during puberty?
 - During puberty, your body may grow bigger and stronger. You might also get taller and experience acne. New hair growth and body odor are also possible. These changes happen differently for everyone.

2. Describe an emotion you might feel during puberty.
 - During puberty, you might feel more sensitive or easily upset. Hormones can affect your feelings, and you might experience mood swings. It's also normal to feel confusion about yourself.

3. What kind of new hobbies or interests might emerge during puberty?
 - During puberty, individuals often explore new interests as they navigate physical, emotional, and social changes. The heightened desire for independence and the growing importance of relationships might lead to involvement in activities that foster social connection or allow for self-expression, such as joining clubs, sports teams, or engaging in creative pursuits.