

Name:

## Male Puberty - Introductory Exercise

Circle the best answer to the following statements about male puberty.

1. A boy may begin puberty as early as age:
  - a. 4 or 5
  - b. 8 or 9
  - c. 18 or 19
  
2. Boys usually reach puberty \_\_\_\_\_ girls.
  - a. earlier than
  - b. later than
  - c. at the same time as
  
3. The hormone produced in a boy's body which contributes greatly to characteristics such as facial hair and larger muscle development is called:
  - a. sugar
  - b. aspirin
  - c. testosterone
  
4. One of the changes of puberty is that a person begins to perspire more heavily. Therefore, he or she should:
  - a. bathe every day
  - b. never exercise
  - c. always carry a small towel or handkerchief
  
5. During puberty it is normal for a boy to develop hair in all of the following areas EXCEPT:
  - a. the pubic area
  - b. under the arms
  - c. behind the ears
  - d. upper lip and chin
  
6. Because the oil glands are more active during puberty, a boy may develop:
  - a. greasy hands
  - b. a bad cold or cough
  - c. pimples on his face, chest and back
  
7. Body changes that occur during puberty include all of the following EXCEPT:
  - a. shoulders become broader
  - b. the voice gets deeper
  - c. testicles and penis grow larger
  - d. eyes change color
  
8. An erection:
  - a. when the penis becomes hard or stiff
  - b. can happen for no reason at all
  - c. is perfectly normal
  - d. all of the above

Name:

## Female Puberty - Introductory Exercise

Circle the best answer to the following statements about female puberty.

1. A girl may begin puberty as early as age:
  - a. 4 or 5
  - b. 8 or 9
  - c. 18 or 19
  
2. Girls usually reach puberty \_\_\_\_\_ boys.
  - a. earlier than
  - b. later than
  - c. at the same time as
  
3. The hormone produced in a girls body which contributes greatly to characteristics such as larger breasts and rounder hips is called:
  - a. sugar
  - b. aspirin
  - c. estrogen
  
4. One of the changes of puberty is that a person begins to perspire more heavily. Therefore, he or she should:
  - a. bathe every day
  - b. never exercise
  - c. always carry a small towel or handkerchief
  
5. Menstruation is a sign that a girls is:
  - a. getting sick
  - b. growing up
  - c. ready to leave home
  
6. During puberty a girl will develop all of the following EXCEPT:
  - a. larger breasts
  - b. rounder hips
  - c. higher blood pressure
  
7. One of the first changes of puberty is the growth spurt, when a girl will:
  - a. get taller in a short period of time
  - b. be able to notice growth every day
  - c. feel her legs and arms getting longer
  
8. Because the oil glands are more active during puberty, a girl may develop:
  - a. pimples on her face, chest and back
  - b. greasy hands
  - c. a bad cold or cough

Name: \_\_\_\_\_

## Male Puberty - Vocabulary Activity

- |                 |                       |                |
|-----------------|-----------------------|----------------|
| A) Puberty      | E) Sperm Cells        | I) Erection    |
| B) Testosterone | F) Scrotum            | J) Penis       |
| C) Ejaculation  | G) Genitals           | K) Semen       |
| D) Testicles    | H) Nocturnal emission | L) Adolescence |

Match the words at the top with their descriptions below.

1. \_\_\_\_\_ Ejaculating semen while asleep or almost asleep. It is also called a “wet dream.”
2. \_\_\_\_\_ The external male reproductive organ that can experience an erection.
3. \_\_\_\_\_ A general word for the external organs of the reproductive system.
4. \_\_\_\_\_ The period during which boys and girls experience the physical changes of growing up.
5. \_\_\_\_\_ The period of time in a person’s life between childhood and adulthood. Many different changes take place during this stage of life.
6. \_\_\_\_\_ The spurting out of semen from the penis.
7. \_\_\_\_\_ The tiny, tiny, tiny cells in a male shaped like tadpoles that contain the father’s genetic material necessary to fertilize a mother’s egg cell.
8. \_\_\_\_\_ The main male hormone which must be released in order for puberty to begin in boys. This hormone is produced in the testicles.
9. \_\_\_\_\_ The milky white fluid that helps transport sperm through the urethra and out of the tip of the penis.
10. \_\_\_\_\_ The sac of loose skin that hang’s under a male’s penis and contains the testicles.
11. \_\_\_\_\_ The enlarging and hardening of the penis.
12. \_\_\_\_\_ Two oval-shaped glands contained in the scrotum that make sperm and the hormone testosterone.

Name: \_\_\_\_\_

## Female Puberty - Vocabulary Activity

- |                    |              |                |
|--------------------|--------------|----------------|
| A) Menstruation    | E) Urethra   | I) Adolescence |
| B) Growth Spurt    | F) Estrogen  | J) Uterus      |
| C) Puberty         | G) Genitals  |                |
| D) Pituitary Gland | H) Ovulation |                |

Match the words at the top with their descriptions below.

1. \_\_\_\_\_ The period during which boys and girls experience the physical changes of growing up.
2. \_\_\_\_\_ The tube through which urine passes out of the bladder during urination.
3. \_\_\_\_\_ A general word for the external organs of the reproductive system.
4. \_\_\_\_\_ The small gland located at the bottom of the brain that determines when puberty begins in both girls and boys.
5. \_\_\_\_\_ The period of time in a person's life between childhood and adulthood.
6. \_\_\_\_\_ A muscular organ about the size and shape of an upside-down pear located between the hips inside of a female's body.
7. \_\_\_\_\_ The main female hormone that is produced by the ovaries. It is necessary for puberty to begin in girls.
8. \_\_\_\_\_ The period of extra-rapid growth that occurs during puberty.
9. \_\_\_\_\_ The process by which the lining of the uterus is shed. This event is considered the beginning of the menstrual cycle.
10. \_\_\_\_\_ The release of an egg cell from the ovary. This event occurs during the middle of the menstrual cycle.

Name: \_\_\_\_\_

## Menstrual Cycle - Vocabulary Activity

- |                    |                  |                    |
|--------------------|------------------|--------------------|
| A) Menstruation    | E) Fertilization | I) Menstrual Cycle |
| B) Egg Cell        | F) Vagina        | J) Uterus          |
| C) Fallopian Tubes | G) Period        | K) Cervix          |
| D) Menstrual Flow  | H) Ovulation     | L) Ovaries         |

Match the words at the top with their descriptions below.

- \_\_\_\_\_ The tube-shaped passageway that leads from the uterus to the outside of the body.
- \_\_\_\_\_ Two small organs where the egg cells are stored.
- \_\_\_\_\_ A single cell from the mother which, when fertilized by a father's sperm cell, grows into a baby.
- \_\_\_\_\_ The days when menstruation is taking place.
- \_\_\_\_\_ The fluid made of tissue and blood that leaves the uterus through the vagina during menstruation.
- \_\_\_\_\_ A muscular organ about the size and shape of an upside-down pear located between the hips inside of a female's body.
- \_\_\_\_\_ The process that occurs when a father's sperm cell unites with a mother's egg cell.
- \_\_\_\_\_ Two very narrow passageways connected to each side of the uterus. It is through these passageways that the egg cell travels to the uterus.
- \_\_\_\_\_ The process by which the lining of the uterus is shed. This event is considered the beginning of the menstrual cycle.
- \_\_\_\_\_ The release of an egg cell from the ovary. This event occurs during the middle of the menstrual cycle.
- \_\_\_\_\_ The narrow end of the uterus which has a small opening that connects the uterus to the vagina.
- \_\_\_\_\_ An important process that occurs approximately once a month. Two major events occur, one being menstruation and the other being ovulation.

Name:

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## Reproduction and Birth - Introductory Exercise

Circle the best answer to the following statements about female puberty.

1. Conception, also called fertilization, occurs when:
    - a. a sperm cell joins with an egg cell
    - b. a woman doesn't eat proper foods
    - c. a man and woman hold hands
  
  2. The time period between conception and the birth of the baby - sometimes called the gestation period or pregnancy - usually lasts about.
    - a. three months
    - b. nine months
    - c. two years
  
  3. A pregnant mom can harm her unborn child by doing all the following EXCEPT:
    - a. smoking
    - b. taking drugs or drinking alcohol
    - c. exercising moderately
  
  4. Sperm can live inside a women's body for:
    - a. 24 hours
    - b. three months
    - c. up to five days
  
  5. An unborn baby is nourished or "fed" inside the mother's womb through the:
    - a. umbilical cord and placenta
    - b. stomach and liver
    - c. mouth and nose
  
  6. At the time of birth an average baby weighs about:
    - a. 2 or 3 pounds
    - b. 7 or 8 pounds
    - c. 15 or 16 pounds
-

Name: \_\_\_\_\_

## Reproduction and Birth - Vocabulary Activity

- |                   |                  |                   |
|-------------------|------------------|-------------------|
| A) Birth Canal    | E) Fertilization | H) Amniotic Fluid |
| B) Labor          | F) Embryo        | I) Placenta       |
| C) Umbilical Cord | G) Contractions  | J) Gestation      |
| D) Fetus          |                  |                   |

Match the words at the top with their descriptions below.

1. \_\_\_\_\_ The moment when a father's sperm cell joins with a mother's egg cell and a new life begins. You might also use the word conception.
2. \_\_\_\_\_ The process of childbirth.
3. \_\_\_\_\_ This clear liquid surrounds a baby while it is developing inside it's mother during pregnancy.
4. \_\_\_\_\_ The lifeline that connects the mother's placenta to the growing baby.
5. \_\_\_\_\_ The growing unborn baby from the second month after conception until birth.
6. \_\_\_\_\_ The action of the muscles of the uterus that help to push the baby during childbirth.
7. \_\_\_\_\_ A structure from which the developing baby receives its nourishment. It is connected to the umbilical cord.
8. \_\_\_\_\_ The passage through which a baby is born.
9. \_\_\_\_\_ The growing fertilized egg from conception until the end of the second month of pregnancy.
10. \_\_\_\_\_ The period between conception and the birth of the baby - usually around nine months. We more commonly call this time pregnancy, but scientists refer to it as?