

Let's see how much you know about **growing up**. Tick the correct answers.

1. What is puberty?
  - The time between primary school and high school.
  - The process we go through when we grow from a child to an adult.
  - When we sleep through our alarm.
  
2. What are the three stages of most rapid growth in our life?
  - Between the age of 3 and 5, during puberty, during retirement.
  - The first year of life, during puberty, between the age of 25 and 30.
  - 9 months in the mother's womb, the first year of life, during puberty.
  
3. Making an effort and choosing to grow up is something that...
  - Your parents decide for you.
  - Your friends decide for you.
  - You choose for yourself.
  
4. What four things can we actively do to help us act in a more grown up way?
  - Consider the feelings of others, help those around us, work on controlling our feelings, find a good role model.
  - Consider the feelings of others, eat pasta 3 times a week, work on controlling our feelings, find a good role model.
  - Consider the feelings of others, help those around us, work on controlling our feelings, learn the alphabet backwards.
  
5. Why does our brain undergo re-development (rewiring) during puberty?
  - Because nobody told our brains to grow bigger.
  - To allow us to think about things as an adult does and to help us to make better decisions.
  - Because children don't eat enough vegetables.