

What are some of the **physical changes on the outside** of their body that females start to experience as they go through puberty?

1. What are 3 changes that males and females BOTH go through during puberty?
 - Grow taller, grow pubic hair, sweat glands develop
 - Grow pubic hair, develop breasts, have an increase in hormones.
 - Have an increase in hormones, sweat glands develop, voice becomes much deeper.

2. What are 3 important things to do that help our bodies when going through puberty?
 - Get plenty of sleep, maintain good personal hygiene, create a social media account.
 - Stay hydrated, regularly eat chocolate and chips, start wearing deodorant.
 - Maintain good personal hygiene, eat a healthy balanced diet, get plenty of sleep.

3. Tick which of the following statements are TRUE.
 - During puberty you will often grow taller quickly.
 - Because of the hormones in their bodies, females tend to be more muscular than males.
 - Females will develop a curvier body during puberty.
 - Pimples are only caused when you eat too much chocolate.
 - Only males have facial hair.
 - Only males get sweaty.
 - Body soap can sometimes be too harsh for the sensitive skin on your face.