

One of the first things that changes for females when they begin puberty is that their breasts start to develop. What do you know about this stage of development?

1. The primary (main) purpose of the female breast is to:
 - Help a girl look more like a woman.
 - Provide milk for a woman's baby.
 - Be annoying and painful.
2. After a female has finished going through puberty, will her breasts stay the same size and shape for the rest of her life?
 - No - breasts can change shape and size all throughout a woman's life, depending on weight loss or gain, babies and breastfeeding.
 - Yes - puberty is the time when we grow into a woman. After that, all the growing stops.
3. Is it a good idea to be professionally fitted for a bra?
 - No way - that's creepy.
 - No - my mum or caregiver is the best person to help with that.
 - Yes - female breasts are always changing shape and size and we need to be well supported and comfortable.
4. What is a female breast made of? (Tick all that are correct. There are 3 correct answers.)
 - Milk ducts and lobes.
 - Fatty tissue.
 - Muscles.
 - Glands.
5. Budding is:
 - When you have a friend who becomes your best buddy.
 - The first stage of breast development when the nipple starts to get bigger.
 - When female breasts finish developing.