

What are some of the **physical changes on the outside** of their body that males 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. What physical changes occur for males during puberty?
 - We grow taller.
 - Our muscles develop.
 - We begin to grow facial hair.
 - Sweat glands develop.
 - All of the above and many more.

4. Pick three answers that help to deal with body odour.
 - Daily showers.
 - Wearing clean clothes.
 - Playing video games.
 - Applying deodorant.

5. What three areas of our male body are extra important to clean when we shower?

- Feet, hands, shoulders
- Hair, armpits, penis
- Nails, neck, chest.

6. To be circumcised means you ...

- Have not had your foreskin removed.
- Have had your foreskin removed.
- Have to shower more regularly.

7. In what areas of the body do some men grow hair during puberty?

- Chest.
- Face.
- Back.
- Shoulders.
- All of the above.

8. How do you know you are drinking enough water?

- Your urine is a dark yellow colour.
- You are experiencing a headache.
- Your urine is clear.
- Your urine has a strong smell.

9. How many hours of sleep should we try to get during puberty?

- 4-6 hours
- 6-8 hours
- 8-10 hours
- 10-12 hours.