

## Growing With Age: The Teenage Years

### A. Fill in the Blanks

Complete the sentences with the correct term.

1. The main male hormone responsible for changes like facial hair growth is called \_\_\_\_\_.
2. The monthly cycle of shedding the uterine lining in females is known as \_\_\_\_\_.
3. The growth of the \_\_\_\_\_, or voice box, causes a boy's voice to deepen.
4. The female glands that produce eggs and the hormone estrogen are the \_\_\_\_\_.
5. Increased activity of sweat and oil glands can lead to body odor and \_\_\_\_\_.

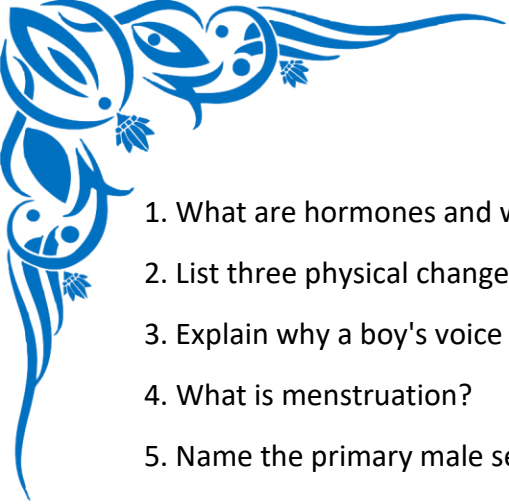
### B. Match the Following;

Match the term in Column A with its correct description in Column B.

Column A	Column B
1. Hormone	A. The male reproductive glands that produce sperm.
2. Testes	B. The voice box, which grows larger in boys during puberty.
3. Ovaries	C. A skin condition caused by clogged oil glands.
4. Larynx	D. The "master gland" in the brain that initiates puberty.
5. Acne	E. A chemical messenger that travels through the blood.
6. Pituitary Gland	F. The female reproductive glands that produce eggs.
7. Menstruation	G. The monthly shedding of the lining of the uterus

### C. Practice Problems

Think a little deeper and write your answers in complete sentences.



1. What are hormones and what is their main role during puberty?
2. List three physical changes that are common to both boys and girls during puberty.
3. Explain why a boy's voice "cracks" and then deepens during puberty.
4. What is menstruation?
5. Name the primary male sex hormone and the organ where it is produced. Hormone:
6. Name the primary female sex hormone and the organ where it is produced. Hormone:
7. Why is personal hygiene, such as regular showering and using deodorant, especially important during the teenage years?
8. What is a "growth spurt"?
9. Besides physical changes, list two emotional or social changes that teenagers often experience.
10. What is the difference between primary and secondary sexual characteristics? Give one example of each.

#### **D. Warm-up Questions**

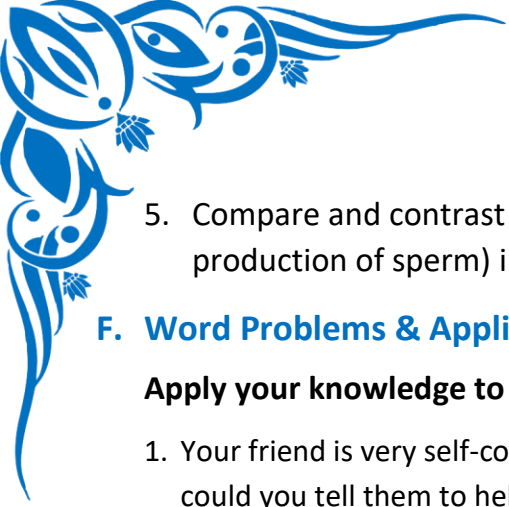
**Answer these quick questions to get your brain warmed up!**

1. What is the common term for the period of rapid growth and sexual development that occurs during the teenage years?
2. Name one physical change that typically happens only to boys during this time.
3. Name one physical change that typically happens only to girls during this time.
4. What is the name of the skin condition, characterized by pimples, that is common during the teenage years?
5. Which gland in the brain is known as the "master gland" because it signals the start of puberty?

#### **E. Challenge Questions**

**These questions require you to connect different ideas and think critically.**

1. Explain the chain of command that starts puberty, beginning with the brain.
2. Explain the biological relationship between hormones, increased oil production in the skin, and acne.
3. A balanced diet is important for everyone. Why is it critically important for a teenager going through a growth spurt?
4. Why might a teenager experience frequent mood swings? Connect your answer to the biological changes happening in their body.



5. Compare and contrast menarche (the first menstrual period) in girls and spermarche (the first production of sperm) in boys. What do they both signify?

## F. Word Problems & Application

**Apply your knowledge to these real-life scenarios.**

1. Your friend is very self-conscious about the acne on their face. Based on your scientific knowledge, what could you tell them to help them understand what is happening and feel better?
2. Sam is 13 and is one of the shortest boys in his class. His voice hasn't changed yet, while many of his friends are taller and have deeper voices. Should Sam be worried? Explain why or why not.
3. A school nurse is preparing a health talk for 7th graders. What are three key topics related to puberty she should include to promote healthy habits during the teenage years?
4. Jasmine just started her period and is worried she can't participate in her swim team anymore. What scientific information could you share to reassure her?
5. A teenager is training for the soccer team. He exercises a lot but mostly eats junk food like chips and soda. Explain why this diet might prevent him from reaching his peak athletic performance.

## G. True or False

1. Puberty starts at the exact same age for every teenager. \_\_\_\_\_
2. Acne is caused only by being dirty and not washing your face. \_\_\_\_\_
3. Only boys experience a growth spurt during their teenage years. \_\_\_\_\_
4. Testosterone is a hormone found only in males. \_\_\_\_\_
5. Feeling confused or having mood swings is an abnormal part of being a teenager. \_\_\_\_\_