

STRAIGHT TALK ABOUT PUBERTY FOR GIRLS

1. At what age does puberty start? _____
2. Which gland controls growth and development? _____
3. Ovaries produce the hormones _____ and _____.
4. What are some physical changes that occur during puberty?

5. When the mature egg cell is released from the ovary and travels through the fallopian tube into the uterus, we call this _____.

6. How many hours of sleep do you need per night? _____. List 3 tips to help you get the rest you need.

7. Expect to ovulate from _____ to _____, usually around age 50.
8. List 3 ways to relieve Pre-Menstrual Syndrome (PMS).

9. Menstrual symptoms may include the following:

10. Who can you receive good, reliable information regarding puberty?