

How much do we know about Puberty?

How many years does puberty take on average? _____

What is the name of the gland in the brain that is responsible for hormone production? _____

What are hormones? _____

What is the male hormone? _____

What is the female hormone? _____

Name 5 changes that happen to the human body during puberty

1. _____
2. _____
3. _____
4. _____
5. _____

Name at least four strategies to deal with pubertal stress

1. _____
2. _____
3. _____
4. _____

How many neurons are we born with? _____

What is the name we use for brain chemicals? _____

What are four simple things that we can do to help keep the brain chemicals healthy and in good supply?

1. _____
2. _____
3. _____
4. _____

Why is it important to be kind to each other during puberty?

Who can I talk to if I have questions?
