

Name: _____

Hormones: What Have You Learned?

Part 1: After reading “Hormone Overload!” on page 12, circle *T* for true or *F* for false for each of the statements.

1. Puberty usually kicks in between ages 10 and 14 for girls and ages 12 and 15 for boys. T F
2. It’s very uncommon to be moody, emotional, and anxious during puberty. T F
3. Puberty happens at the same time for every kid. T F
4. Both guys and girls can gain weight and have a growth spurt because of hormones. T F
5. A hormone made in the body, called THP, helps calm down teens going through puberty. T F

Part 2: Unscramble the words below.

6. Helps cause a girl’s body to change and mature: **onestreg** _____
7. Causes most of the changes in a guy’s body during puberty: **toretsseonte**

8. Pea-sized gland at the base of the skull that releases certain hormones into the body’s blood-stream: **prttuiaiy** _____
9. Another hormone that causes a girl’s body to change and mature during puberty:
ponertregose _____
10. Hormones are natural chemicals produced by these: **gdlnas**
