

WORKSHEET 1

Facts and Fables

We undergo many changes in our lives—some planned for, others unexpected. One time of change for everyone comes in the early teen years, when our bodies change and our goals, expectations and views of life take new shape. What do you feel and know about the physical changes that occur at puberty? Below are 23 statements about puberty, menstruation and menstrual protection. Find out how you feel about these topics by putting a check in the appropriate box.

| | | True | False | Don't Know |
|-----|--|--------------------------|--------------------------|--------------------------|
| 1. | I already know all I need to about puberty and menstruation. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. | All females have menstrual cramps during their period. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. | Boys don't undergo changes at puberty. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. | Menstruation should have no effect on a female's ability to work. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. | I don't like the changes that are happening to my body now. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. | Males should know about menstruation. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. | You can't go swimming when you have your period. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. | Eating a nutritious, well-balanced diet can help prevent some menstrual discomforts. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. | Young girls can use menstrual tampons. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. | Females shouldn't exercise during their menstrual period. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. | I'm embarrassed to talk with my parents about the changes I am experiencing. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. | Females are more emotional during their period. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. | I have already learned about all the changes that take place during puberty. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. | During puberty, boys and girls can become parents. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. | Boys undergo puberty at a different age from girls. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. | There is nothing you can do for menstrual discomfort. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. | Having your period keeps you from doing the things you like to do. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. | Boys can tell when a girl has her period. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. | Careful, thorough cleansing of your face can help prevent skin blemishes. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. | All boys have nocturnal emissions. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. | I have talked with my friends about the changes in our bodies. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. | Tampons are comfortable to use. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. | People shouldn't talk about menstruation. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |