

Resource A

Puberty fact or myth cards

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| 1. Everybody starts puberty at the same time, around the age of eight | 2. Pubic hair grows during puberty |
| 3. People's body shape changes when they grow through puberty | 4. All girls get tummy ache when they get their period |
| 5. It is normal to have mood swings or to feel different, strong emotions during puberty | 6. The size of a person's breasts or penis is determined at puberty |
| 7. Puberty causes people to sweat more | 8. Boys' voices get deeper at puberty |
| 9. Squeezing spots will help them to go away | 10. Sanitary towels are the only product available for girls and women to use during their period |
| 11. Puberty is a natural part of growing up and the human life cycle | 12. |