

Name: _____ Date: _____

Reaching the Age of Adolescence

Q1. When adolescent girls should take special care of personal hygiene?

Ans. _____

Q2. Why drugs should be avoided?

Ans. _____

Q3. What is the effect of a larger voice box in grown up boys?

Ans. _____

Q4. What is menarche and menopause?

Ans. _____

Q5. Why do young people get acne?

Ans. _____

Reaching the Age of Adolescence

Q1. When adolescent girls should take special care of personal hygiene?

Ans. Girls should take special care of cleanliness during the time of menstrual flow. They should keep track of their menstrual cycle and be prepared for the onset of menstruation.

Q2. Why drugs should be avoided?

Ans. Drugs should be avoided because they are addictive. If we take them once, we feel like taking them again and again. They harm the body in the long run. They ruin health and happiness.

Q3. What is the effect of a larger voice box in grown up boys?

Ans. The bigger voice box in boys gives deeper voice or low pitched voice to the boys. In adolescent boys, sometimes, the muscles of the growing voice box go out of control and the voice becomes hoarse.

Q4. What is menarche and menopause?

Ans. Menstruation occurs once in about 28 to 30 days. The first menstrual flow begins at puberty and is termed menarche. At 45 to 50 years of age, the menstrual cycle stops. Stoppage of menstruation is termed menopause.

Q5. Why do young people get acne?

Ans. During puberty the secretion of sweat glands and sebaceous glands (oil glands) increases. Many young people get acne and pimples on the face at this time because of the increased activity of these glands in the skin.