

How will you make today

... *wonderful*



Session 2- Part 2 Study Guide

Matching: define the following terms

- 1. Adolescence - _____

- 2. Gender - _____
- 3. Puberty - _____

Multiple Choice: complete the answers as completely as possible.

- 4. Give 6 examples of physical changes both boys and girls go through.

- 5. List 4 signs of depression

- 6. What are the three main types of growth experienced during adolescence? Name them.

True or False: complete the answers as completely as possible.

- 7. What are hormones? _____
- 8. List 6 healthy ways to express your emotions.

- 9. What are some social activities adolescents start to participate in?

Short answer: complete the answers as completely as possible.

- 10. What are 4 physical changes only *your* gender experiences.
