



**ARE YOU SMARTER  
THAN A 73 YEAR OLD?**

ARE YOU SMARTER  
THAN A 13 YEAR OLD?

# Question 1

What causes the changes that happen in the body during puberty?

A. Your height

C. Your hormones

B. Your age

D. Your chocolate intake

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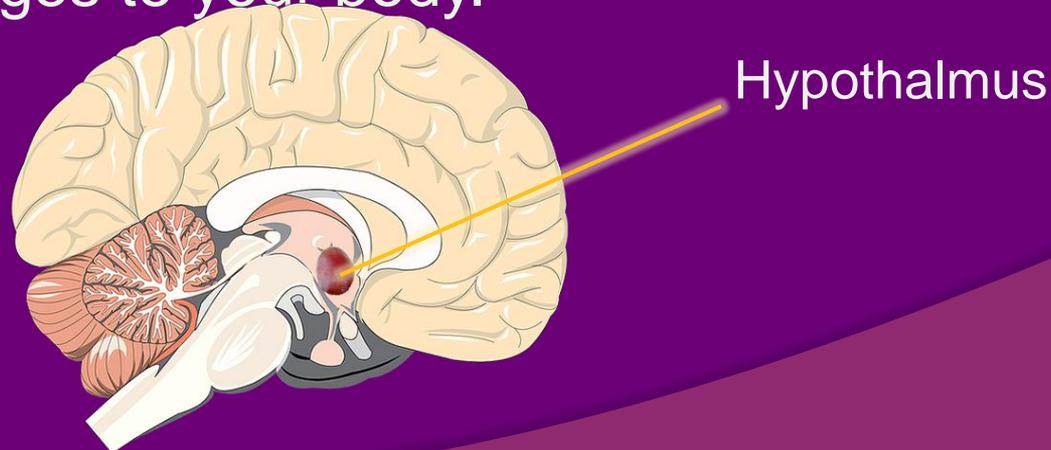
C. Your hormones

B. Your age

D. Your chocolate intake

# Trigger Hormones

- All the changes that happen during puberty are caused by hormones. A part of your brain, about the size of a grape, called the hypothalamus, is responsible for producing the hormone that triggers puberty and the production of more new hormones, which are responsible for the main physical changes to your body.



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# Question 2

Oestrogen and progesterone are  
the main female hormones  
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A. Ovaries

C. Kidneys

B. Stomach

D. Brain

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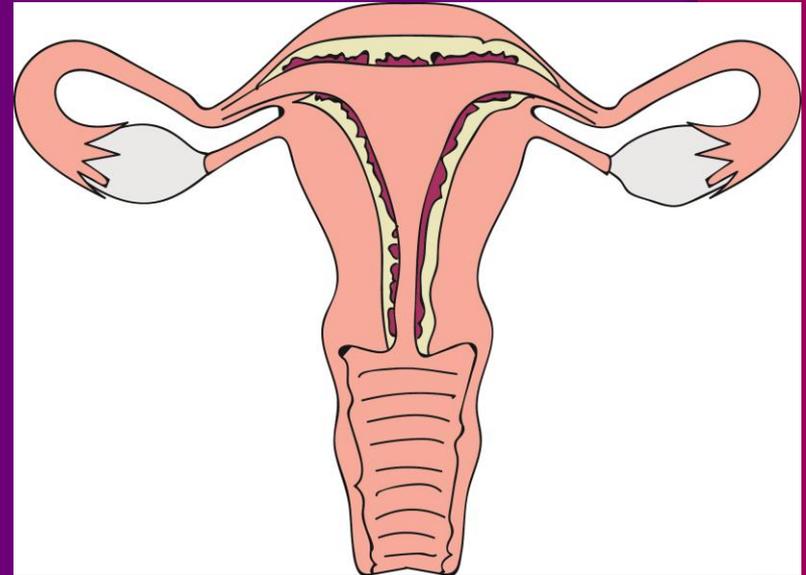
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D. Brain

# Trigger Hormones

- The main sex hormones in girls are called oestrogen and progesterone. They are produced in the ovaries. They cause your breasts to develop, your hips and shoulders to widen, they kick start your periods and make your body hair sprout.



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# Question 3

Which of these is not another word or phrase for periods?

A. Menstruation

C. Being 'on'

B. Time of the month

D. Party time

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B. Time of the month

D. Party time

# Periods

- Starting your periods is a big change that happens during puberty. Periods last for five days on average each month, when some blood comes out of your vagina. This is caused by the release of an egg every twenty eight days from your ovaries, where all the eggs are stored, and it travelling down the fallopian tube where it sits for a few days before being released, along with the uterus lining which has also thickened at the same time.



# Periods

- This causes dark blood to trickle from the your vagina and is known technically as menstruation. Most girls start their periods between the ages of nine and fifteen. You will then have a period once a month until you are no longer able to have babies (around fifty years old).  
The blood from a period starts coming out slowly, so don't worry that you will suddenly flood everywhere! It may seem like more, but you actually only lose two to three tablespoons of blood over a whole period.

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# Question 4

Which of these is not a sanitary product?

A. A tampon

C. A pad

B. A towel

D. A flush

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# Sanitary Hygiene

- The blood from your period should be soaked up by using sanitary towels (pads) or tampons. Tampons are tightly wound rolls of material, which are very absorbent, with a string attached so you can easily remove them. They need to be changed regularly.



# Sanitary Hygiene

- Towels or pads sit inside your knickers and soak up the blood as it leaves your vagina. They come in different thicknesses and most have sticky side flaps to help keep them in position. You will need to change your towel frequently during the day, depending on how heavy your blood flow is.

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# Question 5

**Which of these is not a sexual orientation?**

**A. Heterosexual**

**C. Celibate**

**B. Bisexual**

**D. Homosexual**

Which of these is not a sexual orientation?

A. Heterosexual

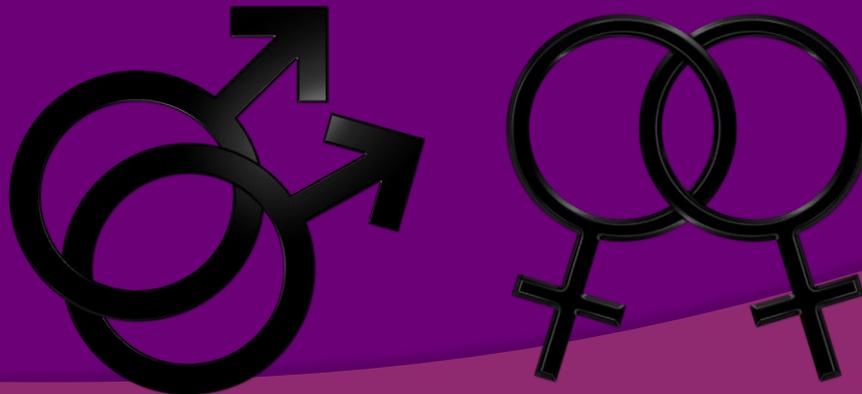
C. Celibate

B. Bisexual

D. Homosexual

# Sexuality

- Sexual orientation is not something you choose. It is just the way you are. It is about who you find attractive. Some girls know from an early age that they are only attracted to other girls (homosexual or lesbian). Others experiment to find out what their preference is and a lot of people are unsure. There are people who are celibate and that means they don't have sex at all.



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# Question 6

**What is homophobia?**

**A. A fear of sex**

**C. Hate and abuse  
towards gay people**

**B. A fear of spiders**

**D. Hate and abuse  
towards old people**

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# Bullying Behaviour

- Homophobia causes a lot of misery and suffering. Homophobic behaviour includes teasing, name-calling, pushing, hitting and tormenting someone simply because of their sexual orientation. “That’s so gay!” might seem like a harmless thing to say but it reinforces the idea that being gay is not a good thing.



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# Question 7

Which of these terms is not related to having sex?

A. Legal highs

C. Going all the way

B. Sleeping with someone

D. Having intercourse

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A. Legal highs

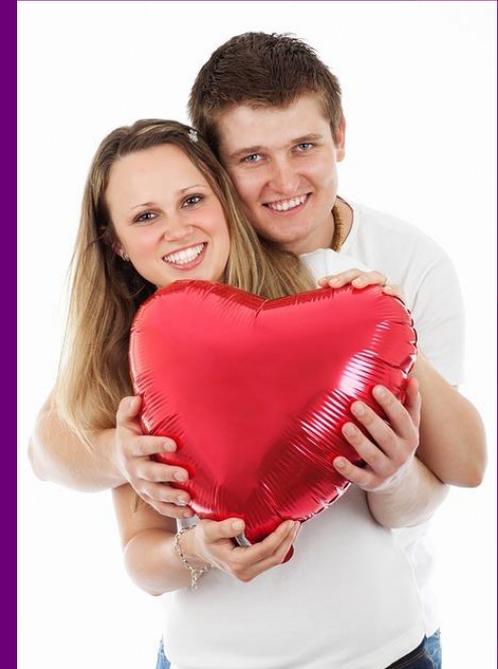
C. Going all the way

B. Sleeping with someone

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# Let's Talk About Sex!

- Puberty for a girl is quite similar to a boy, except their breasts become bigger, they start their periods and their sex organs develop.



# Let's Talk About Sex!

- You start to become a sexual person when you go through puberty. This doesn't mean you are ready to have sex just because you can, though! People have sex or 'make love' because they feel deeply attracted to or are in love with someone. People can be sexual with each other in lots of ways. When a man and a woman have sex, it usually means the man's erect penis goes inside the woman's vagina and he ejaculates.

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# Question 8

**A woman shouldn't get pregnant  
if...**

**A. She is having her  
period**

**C. Contraception is  
used**

**B. She doesn't orgasm**

**D. It's their first time  
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# Making Babies



- Babies are made when a single sperm from a man joins together with a woman's egg, which can happen after sex unless the man is wearing a condom. Wearing a condom is a form of contraception. Contraception allows a man and a woman to prevent pregnancy when they have sex. Condoms also prevent the spread of infections known as STIs (sexually transmitted infections). If you want to have sex, you should be willing to wear a condom.
- **The legal age for consent in the UK is 16.**

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# Question 9

**Pornography is mainly accessed through...**

**A. DVDs**

**C. Internet**

**B. Magazines**

**D. Cinema**

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A. DVDs

C. Internet

B. Magazines

D. Cinema

# Porn Stars

- Pornography usually means photos and videos of people getting naked, having all kinds of sex and masturbating. Porn can be disturbing and seeing it might make you feel uncomfortable or strange. Accessing porn through the internet can put your computer at risk of viruses, as well as meaning you may stumble across nasty images, which may even be illegal! Porn is not reality and sex in real life is not like in porn films. Remember, you don't have to look at porn and you're not odd if you don't.



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# Question 10

**Which of these is true?**

**A. The average age when people first have sex is 17**

**C. Sex standing up prevents pregnancy**

**B. You only need to start wearing a bra when your periods start**

**D. Underarm hair keeps on growing if you don't shave**

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