

# Puberty Prep Matching Quiz

For use in Outing #6 of *Grace Against the Machine:  
Ten Perfectly Planned Outings to Help You Raise a Graceful Girl in a Not-So-Graceful World*

Directions: Draw a line to connect the change your body will go through to its proper purpose or cause.

1. Breasts grow larger
  2. Hips widen
  3. You start to sweat more
  4. Hair grows in your underarm area
  5. Acne appears on your face and body
  6. Hair grows in the pubic area
  7. You notice discharge in your underwear
- a. a network of milk ducts develops, preparing you to nurse a baby when you're older
  - b. the body produces fluids to keep your vagina moist and clean
  - c. creates more space to allow for easier childbirth
  - d. provides a cushion against friction that can cause skin abrasion and injury; protects body from bacteria and other unwanted pathogens
  - e. reduces friction between the upper and lower arm during vigorous motion and facilitates the release of pheromones
  - f. cools skin's surface to control body temperature
  - g. hormones that increase during puberty cause the sebaceous glands to make more sebum which can get trapped and infected

Answers:

1. A
2. C
3. F
4. E
5. G
6. D
7. B