Puberty
Content Knowledge Assessment

1. Puberty often starts between the ages of: (select all that apply)
    a. 8-10 years old
    b. 11-13 years old
    c. 14-16 years old
    d. 17-19 years old

2. While individual variation exists, organize the following stages of typical changes pubertal development for a **reproductive system with a penis and testes**, place the following experiences in order starting with what is typically experienced first to last.
    a. Enlargement of scrotum and testes
    b. Penis growth
    c. Broadening of shoulders
    d. Growth of pubic hair

3. While individual variation exists, organize the following stages of typical changes pubertal development for a **reproductive system with a uterus from what,** place the following experiences in order starting with what is typically experienced first to last.
    a. Growth of breast buds & sparse pubic hair
    b. Menstruation (start of someone's period)
    c. Adult height is reached
    d. Vaginal discharge

4. Which physical changes will a young person experience during puberty, regardless of their reproductive organs? (Select all that apply)
    a. Growth spurt
    b. Increased oil on skin and hair
    c. Voice changes or fluctuations
    d. Body odor

5. Intersex characteristics: (Select all that apply)
    a. are natural variations in sex characteristics that don't fit typical binary definitions of male or female bodies.
    b. fit typical female/male anatomy.
    c. may develop at the onset of secondary sex characteristics that do not align with sex assigned at birth.
    d. occur in almost 2% of the population, almost as common as twins

6. What are some of the emotional changes a young person might experience during puberty? (Select all that apply)
    a. Mood swings
    b. Decreased sensitivity
    c. Self-consciousness
    d. Self-awareness/questioning (Who Am I?)

7. Young people often experience the following social changes during puberty: (Select all that apply)
    a. Increased drive towards independence
    b. Desire to associate more with peers over family
    c. Increased risk-taking
    d. Romantic or sexual attraction

8. Why might someone decide to take puberty blockers? (Select all that apply) (puberty blockers)
    a. Delay the onset of puberty/stop the body from producing estrogen and testosterone
    b. Manage Premenstrual Syndrome (PMS)
    c. Allow a person time to reflect on their gender identity
    d. Treat acne

9. Hygiene practices during puberty can look like… (Select all that apply)
    a. Using deodorant for body odor
    b. Using period products to manage menstruation (such as tampons, pads, or period underwear)
    c. Bathing regularly with soap and water (including under the foreskin or labia/clitoral hood)
    d. Deciding to shave

10. It's best practice for educators to separate students by gender when teaching puberty.
    a. True
    b. False

11. How can educators support learners in navigating puberty with confidence? (Select all that apply)
    a. Normalize changes
    b. Encourage empathy and respect
    c. Use gendered language to describe physical changes
    d. Encourage young people to reach out to trusted adults for support (family members, counselors, clergy, health care providers, etc.)

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Answer Key

Question #	Correct Answer
Question 1	a & b
Question 2	Correct order: a, d, b, c
Question 3	Correct order: a, d, b, c
Question 4	All
Question 5	a, c & d
Question 6	a, c, & d
Question 7	All
Question 8	a & c
Question 9	All
Question 10	b
Question 11	a, c & d

Q	Topic	Citation	Summary
1	Age of puberty	Fundamentals of Puberty Spark*ED,2026	A concise, information one pager on teaching puberty.
		Growth & Development, Ages Nine to Twelve-What Parents Need to Know Advocates for Youth, 2016	1 pager overview on the physical, cognitive, social and sexual development in puberty, along with what families need to do to raise sexually healthy teens. Available in multiple languages.
		Puberty Cleveland Clinic, 2026	Overview of Puberty, including subsection "When does puberty start?"
		Puberty & Precocious Puberty National Institute of Health (NIH), US Department of Health & Human Services 2026	Overview of puberty onset, and general information about precocious puberty and delayed puberty.
2	Puberty development: person with a penis	Fundamentals of Puberty Spark*ED,2026	A concise, information one pager on teaching puberty.
		Puberty Cleveland Clinic, 2026	Overview of Puberty, including subsection "What are tanner stages of puberty?"
		Stages of Puberty for Adolescent Males Johns Hopkins Medicine, Health Series, 2026	Details on changes young people experience during puberty
		Puberty Planned Parenthood, 2026	Series with a brief overview and a series of 1 – 2 minute videos on what puberty is, who to talk to, "am I Normal?", periods, erections and wet dreams, puberty blockers and intersex.

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3	Puberty development: person with a vulva/vagina	Fundamentals of Puberty Spark*ED,2026	A concise, information one pager on teaching puberty.
		Puberty Cleveland Clinic, 2026	Overview of Puberty, including subsection "What are tanner stages of puberty?"
		The Stages of Puberty for Girls Johns Hopkins Medicine, Health Series, 2026	Details on changes young people experience during puberty.
4	Puberty Changes	Fundamentals of Puberty Spark*ED,2026	A concise, information one pager on teaching puberty.
		Not Everything You Wanted to Know About Puberty (but pretty darn close) Scarleteen, updated 2025	Brief article describing the Stages of Puberty.
		Puberty Cleveland Clinic, 2026	Overview of Puberty, including subsection "When does puberty start?"

5	Intersex	Fundamentals of Puberty Spark*ED,2026	A concise, information one pager on teaching puberty.
		Intersex Fact Sheet United Nations, Free & Equal	Intersex Fact sheet developed by the United Nations. Includes Intersex definition, general information, and challenges intersex people face.
		What is Intersex Planned Parenthood, 2026	Brief overview of what intersex is and what often happens when someone is born intersex.
		What happens during puberty if I'm intersex & Is This Normal? Puberty in Intersex and Non-Binary People, Explained Planned Parenthood, 2026	Brief overview accompanied by a 1.5 minute video describing what intersex is and what may occur in intersex bodies during puberty.
6	Emotional Changes	Fundamentals of Puberty Spark*ED,2026	A concise, information one pager on teaching puberty.
		Emotional Changes during puberty Office of Population Affairs, US Health & Human Services Department	Overview of the emotional changes youth may experience during puberty, techniques to manage emotions during puberty, and how parents/adults can support a young person's emotional development.
		Puberty Cleveland Clinic	Overview of Puberty, including subsection "What are the emotional changes of adolescence?"

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7	Social Changes	Fundamentals of Puberty Spark*ED,2026	A concise, information one pager on teaching puberty.
		General Social Changes Adolescents Experience Office of Population Affairs, US Health & Human Services Department	Overview of the social changes youth may experience during puberty, including expanding social circles and roles, unique issues in social development, and how parents/adults can support a young person's social development.
		Puberty Cleveland Clinic	Overview of Puberty, including subsection "What are social changes of adolescence?"
8	Puberty Blockers	About Puberty Blockers Doernbecher Children's Hospital	Handout with information on what puberty blockers are, why someone might take them, the types and access.
		Puberty lockers for transgender and gender-diverse youth Mayo Clinic	Overview of what puberty blockers do, possible benefits, criteria for use, treatment, and potential side-effects.
		A Lifeline for Trans Youth: Puberty Blockers, Explained Advocates for Trans Equality	Overview of what puberty blockers are, how they work, and the importance of puberty blockers for some teens.

9	Hygiene	Taking care of Your Body During Puberty, Advocates for Youth AMAZE Video	2 - 3-minute videos for young people, along with information for parents/educators on how to talk about the topics.
		Period Hygiene: Tampons, Pads and Menstrual Cups. Advocates for Youth, AMAZE Video	
10 & 11	Best practices for Puberty Lessons	Fundamentals of Puberty Spark*ED,2026	A concise, information one pager on teaching puberty.
		Inclusive Puberty Human Rights Campaign + Advocates for Youth	1.5 minute video designed for young people describing puberty changes.
		Considering Gender Combined Sex Education Candor Health Education	Brief article detailing reasoning behind all genders learning about puberty together.
		Advancing Inclusivity: The Impact of Gender Segregation in Sex Education SIECUS	Brief article describing how gender stereotypes are perpetuated through segregated sex ed classes, consequences of insufficient sex ed, and how teachers can prepare for parent/community push-back.
		Decades of Research: The Case for Comprehensive Sex Education Goldfarb, Eva & Lieberman, Lisa, 2021.	Literature review on 30 years of research and best practices for delivering comprehensive sex ed at all grade levels.

Puberty General Resources

Citation	Summary
Fundamentals of Puberty Spark*ED	A concise, information one pager on teaching puberty.
Puberty Cleveland Clinic	Overview of Puberty with multiple sub-sections on what it is, and the physical, emotional and social changes that occur.
Puberty Planned Parenthood	Series with a brief overview and a series of 1 – 2 minute videos on what puberty is, who to talk to, "am I Normal?", periods, erections and wet dreams, puberty blockers and intersex.
Puberty Healthychildren.org	American Academy of Pediatrics website with general information about puberty and a series of articles on puberty related topics.
Puberty Toolkit Advocates for Youth	Free downloadable puberty lesson plans and PPT slide deck.
AMAZE videos Advocates for Youth	Series of 2– 5 minute videos designed for young people to explain puberty changes.
Common Puberty Questions UNICEF, 2024	17 questions, sample answers and full explanations on puberty related topics.
Helping parents of kids with intellectual disability and autism navigate a new world Planet Puberty	Australian organization provides a comprehensive set of resources on how to discuss puberty with children with intellectual disabilities.
Sex Ed for People with Disabilities: Consent SARTAC Self Advocacy and Beyond	3-minute video on consent. Made with/for people with intellectual and developmental disabilities.