

Puberty Myths & Facts

Part I: Read the statements below and decide if each is a myth or a fact. Put a check mark in the appropriate column.

Part II: Create and write down three of your own puberty myths & facts statements in the blank spaces. They can be questions that you want to ask, myths that you used to believe, or statements that you already know the answer to but would challenge others' knowledge. Include at least one myth and one fact!

	Fact	Myth
1. When going through puberty, people's hormones might change and cause more sexual feelings.		
2. Someone can lose their virginity by using a tampon during their period.		
3. Masturbation can cause health problems.		
4.		
5.		
6.		

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Answer Key

	Fact	Myth
1. When going through puberty, people's hormone might change and cause more sexual feelings.	X	
2. When using a tampon on period, someone can lose their virginity.		
FACT: A virgin is a person who has never had sex. Using a tampon is not the same as having sex. As well, it's an individual choice whether to use tampons or not. There's no right age for starting to use them.		
3. Masturbation can cause health problems.		X
Masturbation is common and medication associations agree that it's healthy. It can reduce pain and stress and it releases feel-good hormones.		