

**TOTAL
ASSESSMENT
GUIDE**

Chapter 2

Biological Foundations

Topic		Factual	Conceptual	Applied
The Biological Revolution of Puberty	Multiple Choice	1,2,3,4,6,11,12,16,20,21,26,27,28,32,34	5,8,9,13,14,17,19,22,23,24,31,33	7,10,15,18,25,29,30
	True/False	76,77,78,79		
	Short Essay			
Cultural, Social, and Psychological Responses to Puberty	Multiple Choice	36,38,40,42,55,56,62	35,39,41,43,45,46,50,54,57,58,60,61,63	37,44,47,48,49,51,52,53,59,64
	True/False	80,81,82,83,84,85,86,87		
	Short Essay		93	91,92
Biological Development and the Environment: The Theory of Genotype-Environment Effects	Multiple Choice	70,71,74,75	69,72	65,66,67,68,73
	True/False	88,89,90		
	Short Essay	94		95

Multiple Choice

2.1.01. The physical and biological changes of puberty result from changes that occur in the

- a. endocrine system.
- b. lymphatic system.
- c. nervous system.
- d. thyroid gland.

Difficulty: 1 Question ID: 2.1.01 Page Reference: 34

Topic: The Endocrine System

Skill: Factual

Answer: a. endocrine system.

2.1.02. The text likens the physical changes the body goes through at puberty to a

- a. biological revolution.
- b. hormonal storm.
- c. sociology course.
- d. psychological revolution.

Difficulty: 1 Question ID: 2.1.02 Page Reference: 34

Topic: The Biological Revolution of Puberty

Skill: Factual

Answer: a. biological revolution.

2.1.03. In which of the following parts of the anatomy is puberty initiated?

- a. Gonads
- b. Testes and ovaries
- c. Pituitary gland
- d. Hypothalamus

Difficulty: 1 Question ID: 2.1.03 Page Reference: 34

Topic: The Endocrine System

Skill: Factual

Answer: d. Hypothalamus

2.1.04. The two classes of sex hormones are

- a. estrogens and estradiols.
- b. androgens and testosterone.
- c. gonadotropins and androgens.
- d. estrogens and androgens.

Difficulty: 1 Question ID: 2.1.04 Page Reference: 35

Topic: The Endocrine System
Skill: Factual
Answer: d. estrogens and androgens.

2.1.05. Female is to estradiol as male is to

- a. testosterone.
- b. androgen.
- c. estrogen.
- d. glycoprotein.

Difficulty: 2 Question ID: 2.1.05 Page Reference: 35
Topic: The Endocrine System
Skill: Conceptual
Answer: a. testosterone.

2.1.06. What causes the hypothalamus to increase GnRH production?

- a. Development of gametes
- b. Hitting a threshold level of body fat
- c. Increasing testosterone or estrogen
- d. Releasing luteinizing hormones

Difficulty: 1 Question ID: 2.1.06 Page Reference: 34
Topic: The Endocrine System
Skill: Factual
Answer: b. Hitting a threshold level of body fat

2.1.07. According to the text there are many factors which may affect the onset of pubertal changes. Which scenario would most likely lead to delayed onset?

- a. Lee is a wrestler who constantly diets and over exercises to maintain a lower weight class.
- b. Jared rides his bike over rough terrain and comes home with scrapes and bruises.
- c. Greg plays video games after school, particularly golf, and doesn't go outside to play.
- d. Dianna over eats and doesn't exercise but loves to walk her dog after school.

Difficulty: 3 Question ID: 2.1.07 Page Reference: 34
Topic: The Endocrine System
Skill: Applied
Answer: a. Lee is a wrestler who constantly diets and over exercises to maintain a lower weight class.

2.1.08. Which statement most accurately represents the feedback loop in the endocrine system?

- a. A "communication system" between the hypothalamus, pituitary gland, gonads, and adrenal glands which monitors and adjusts the levels of sex hormones.
- b. An anomaly in some adolescents which causes pubertal development to be prolonged, and fertility to be decreased.
- c. A "communication system" between androgens and estrogens which determines the gender of an individual.
- d. A structure within the endocrine system which controls the order of hormonal and pubertal events.

Difficulty: 2 Question ID: 2.1.08 Page Reference: 35

Topic: The Endocrine System

Skill: Conceptual

Answer: a. A "communication system" between the hypothalamus, pituitary gland, gonads, and adrenal glands which monitors and adjusts the levels of sex hormones.

2.1.09. The hypothalamus monitors the levels of sex hormones in the bloodstream and reduces its production of GnRH when the sex hormones reach an optimal level. Which of the following metaphors best suits this description?

- a. Answering machine
- b. Burglar alarm
- c. Thermostat
- d. Fridge light

Difficulty: 2 Question ID: 2.1.09 Page Reference: 36

Topic: The Endocrine System

Skill: Conceptual

Answer: c. Thermostat

2.1.10. At puberty, the set point for androgens rose higher than the set point for estrogens in Cory's hypothalamus. Which of the following is the best description of Cory's sex?

- a. Cory is male.
- b. Cory is female.
- c. There is insufficient information to make a judgment.
- d. Cory is gender-confused.

Difficulty: 3 Question ID: 2.1.10 Page Reference: 36

Topic: The Endocrine System

Skill: Applied

Answer: a. Cory is male.

2.1.11. The adolescent growth spurt occurs approximately

- a. the same time for boys and girls.

- b. two years earlier for boys than for girls.
- c. two years earlier for boys and girls in developing but not industrialized countries.
- d. two years earlier for girls than for boys.

Difficulty: 1 Question ID: 2.1.11 Page Reference: 37

Topic: Physical Growth During Puberty

Skill: Factual

Answer: d. two years earlier for girls than for boys.

2.1.12. The adolescent growth spurt is best defined as the rapid increase in

- a. height at the beginning of adolescence.
- b. hormone production before puberty begins.
- c. height in boys and weight in girls at puberty.
- d. size of reproductive organs at puberty.

Difficulty: 1 Question ID: 2.1.12 Page Reference: 36

Topic: Physical Growth During Puberty

Skill: Factual

Answer: a. height at the beginning of adolescence.

2.1.13. Which of the following best represents the occurrence of the adolescent growth spurt? The growth spurt begins

- a. about three years earlier for girls than for boys.
- b. about the same time for girls and boys.
- c. at about age 11 for girls and 13 for boys.
- d. at about age 11 for boys and 13 for girls.

Difficulty: 2 Question ID: 2.1.13 Page Reference: 37

Topic: Physical Growth During Puberty

Skill: Conceptual

Answer: c. at about age 11 for girls and 13 for boys.

2.1.14. Which of the following best illustrates the concept of asynchronicity?

- a. Girls experience the growth spurt earlier than boys.
- b. Boys' body parts grow in a different order than those of girls.
- c. Some body parts grow faster than others during puberty.
- d. The extremities are the last body parts to grow.

Difficulty: 2 Question ID: 2.1.14 Page Reference: 37

Topic: Physical Growth During Puberty

Skill: Conceptual

Answer: c. Some body parts grow faster than others during puberty.

2.1.15. Sven, your adolescent nephew, tells you he is worried that he is not normal because his feet and hands seem to be too big for his body. Which of the following is the best advice for Sven?

- a. "Eat more calcium-rich foods so that your growth gets back on the right track."
- b. "Everybody has different sized feet and hands – yours are just big."
- c. "Don't worry. Each person has a unique growth pattern, and you are unusual."
- d. "Don't worry. Hands and feet hit the growth spurt before the rest of your body."

Difficulty: 3 Question ID: 2.1.15 Page Reference: 37

Topic: Physical Growth During Puberty

Skill: Applied

Answer: d. "Don't worry. Hands and feet hit the growth spurt before the rest of your body."

2.1.16. Boys experience greater muscle growth than girls during puberty because they

- a. tend to get more physical exercise.
- b. enter the growth spurt earlier.
- c. maintain hormone levels for longer periods of time.
- d. experience greater increases in testosterone.

Difficulty: 1 Question ID: 2.1.16 Page Reference: 37

Topic: Physical Growth During Puberty

Skill: Factual

Answer: d. experience greater increases in testosterone.

2.1.17. Which of the following best represents the health status of emerging adults?

Emerging adulthood is the period when a person is

- a. the most susceptible to health problems resulting from risk behaviors.
- b. the least susceptible to physical illnesses.
- c. at peak form in terms of strength and energy.
- d. all of these.

Difficulty: 2 Question ID: 2.1.17 Page Reference: 40

Topic: Physical Growth During Puberty

Skill: Conceptual

Answer: d. all of these.

2.1.18. You are a secondary school teacher developing a health promotion program. According to information you gathered from reading this text, your program should

- a. emphasize prevention by promoting strategies for reducing risk behaviors.
- b. focus primarily on strategies for dealing with health problems as they arise.
- c. be cancelled and offered only to adult students.

d. focus only on boys because they have greater risks during adolescence.

Difficulty: 3 Question ID: 2.1.18 Page Reference: 40

Topic: Physical Growth During Puberty

Skill: Applied

Answer: a. emphasize prevention by promoting strategies for reducing risk behaviors.

2.1.19. Which of the following is NOT associated with primary sex characteristics?
Development of the

- a. breasts.
- b. penis.
- c. eggs and sperm.
- d. ovaries.

Difficulty: 2 Question ID: 2.1.19 Page Reference: 41-42

Topic: Primary Sex Characteristics

Skill: Conceptual

Answer: a. breasts.

2.1.20. The first production of sperm in boys is called

- a. spermarche.
- b. semenarche.
- c. menarche.
- d. premature ejaculation.

Difficulty: 1 Question ID: 2.1.20 Page Reference: 41

Topic: Primary Sex Characteristics

Skill: Factual

Answer: a. spermarche.

2.1.21. Menarche refers to

- a. a female's first menstrual period.
- b. a female's first ovulation.
- c. reproductive maturity in males and females.
- d. a male's fertility.

Difficulty: 1 Question ID: 2.1.21 Page Reference: 41

Topic: Primary Sex Characteristics

Skill: Factual

Answer: a. a female's first menstrual period.

2.1.22. Which of the following statements is TRUE regarding female reproductive

development?

- a. The first ovulation always occurs with the first menstruation.
- b. Fertility may be inconsistent during the first two years after menarche.
- c. The adolescent female is infertile during the first two years after menarche.
- d. Secondary sex characteristics only appear after reproductive maturity is reached.

Difficulty: 2 Question ID: 2.1.22 Page Reference: 42

Topic: Primary Sex Characteristics

Skill: Conceptual

Answer: b. Fertility may be inconsistent during the first two years after menarche.

2.1.23. Miranda is in ninth grade. She wrote the following statements in an essay on reproduction for her health class. Which of the following of Miranda's statements is NOT true?

- a. "Girls cannot get pregnant until their periods are regular."
- b. "Females are born with about 400,000 immature eggs."
- c. "Males do not produce sperm until they reach puberty."
- d. "The average male produces millions of sperm every day."

Difficulty: 2 Question ID: 2.1.23 Page Reference: 41-42

Topic: Primary Sex Characteristics

Skill: Conceptual

Answer: a. "Girls cannot get pregnant until their periods are regular."

2.1.24. Which of the following does NOT belong to the category of secondary sex characteristics?

- a. Growth of pubic hair
- b. Growth of facial hair
- c. Hardening of the bones
- d. Sperm and egg production

Difficulty: 2 Question ID: 2.1.24 Page Reference: 42

Topic: Secondary Sex Characteristics

Skill: Conceptual

Answer: d. Sperm and egg production

2.1.25. Matthew is about mid-way through puberty. In tears, he tells his camp counselor that he won't go swimming without his shirt because his breasts are enlarged. Which of the following is the best advice for Matthew?

- a. "All boys experience enlargement of the breasts during puberty."
- b. "One out of four boys experience breast enlargement, which goes away in about a year."

c. "About half of all boys experience breast enlargement, which goes away in about a year."

d. "One out of a hundred boys experience breast enlargement, which goes away during adulthood."

Difficulty: 3 Question ID: 2.1.25 Page Reference: 42

Topic: Secondary Sex Characteristics

Skill: Applied

Answer: b. "One out of four boys experience breast enlargement, which goes away in about a year."

2.1.26. Which of the following physical changes occur for males only?

a. Growth of shoulder and back hair.

b. Increased sweat gland production.

c. Deepening voice.

d. Growth of facial hair.

Difficulty: 1 Question ID: 2.1.26 Page Reference: 42

Topic: Secondary Sex Characteristics

Skill: Factual

Answer: a. Growth of shoulder and back hair.

2.1.27. Which of the following physical changes occur for males and females alike during puberty?

a. Skin becomes rougher.

b. Proportion of muscle to fat increases.

c. Shoulders and chest become wider.

d. Hips widen and abdominal fat levels increase.

Difficulty: 1 Question ID: 2.1.27 Page Reference: 42

Topic: Secondary Sex Characteristics

Skill: Factual

Answer: a. Skin becomes rougher.

2.1.28. It is not unlikely that individuals in industrialized countries may experience their first pubertal events as early as age

a. 8 for boys and 9-10 for girls.

b. 8 for girls and 9-10 for boys.

c. 5 for girls and 8-10 for boys.

d. 5 for girls and as late as 13 for boys.

Difficulty: 1 Question ID: 2.1.28 Page Reference: 42

Topic: The Order of Pubertal Events

Skill: Factual

Answer: b. 8 for girls and 9-10 for boys.

2.1.29. Olga is almost 10 years old. Over the past months, she has noticed the appearance of pubic hair, followed by the appearance of breast buds, and recently she has begun to grow taller and heavier. This order of pubertal events is found to

- a. occur only in industrialized countries.
- b. signal the onset of her age of identity negotiation.
- c. be typical for an adolescent female.
- d. be highly unlikely to occur in the typical adolescent female.

Difficulty: 3 Question ID: 2.1.29 Page Reference: 43

Topic: The Order of Pubertal Events

Skill: Applied

Answer: c. be typical for an adolescent female.

2.1.30. Which of the following is in the best order regarding the age of first appearance of pubertal events for a typical boy?

- a. Growth of testes, spermatarche, initiation of growth spurt.
- b. Initiation of growth spurt, growth of testes, spermatarche.
- c. Growth of testes, initiation of growth spurt, spermatarche.
- d. Growth of penis, growth of testes, spermatarche.

Difficulty: 3 Question ID: 2.1.30 Page Reference: 43

Topic: The Order of Pubertal Events

Skill: Applied

Answer: c. Growth of testes, initiation of growth spurt, spermatarche.

2.1.31. One of the problems associated with the body of research on puberty today is that

- a. food additives have drastically changed the rate of development in recent years.
- b. it is mainly focused on White adolescents in Western, industrialized countries.
- c. it has not been verified by research studies in North America.
- d. it is too detailed to understand in a general way.

Difficulty: 3 Question ID: 2.1.31 Page Reference: 44

Topic: The Order of Pubertal Events

Skill: Conceptual

Answer: b. it is mainly focused on White adolescents in Western, industrialized countries.

2.1.32. Much of our information about pubertal development comes from J. M. Tanner's research. Which of the following most accurately represents this research? The research was conducted

- a. at the turn of the century on middle-class American adolescents.
- b. in the 1980s on a cross-section of North American youth.
- c. during World War II on British adolescents in boarding schools.
- d. in the 1960s and 1970s on British adolescents in foster homes.

Difficulty: 2 Question ID: 2.1.32 Page Reference: 44

Topic: The Order of Pubertal Events

Skill: Factual

Answer: d. in the 1960s and 1970s on British adolescents in foster homes.

2.1.33. Which of the following statements most accurately represents the relation between pubertal timing and technology? In general, puberty begins

- a. later in countries where medical care is more widely available.
- b. earlier in countries where better nutrition and medical care are more widely available.
- c. earlier in countries where health promotion education is more widely available.
- d. earlier in countries where there are fewer female doctors.

Difficulty: 2 Question ID: 2.1.33 Page Reference: 45

Topic: The Order of Pubertal Events

Skill: Conceptual

Answer: b. earlier in countries where better nutrition and medical care are more widely available.

2.1.34. Evidence for the influence of technologies on pubertal development is based on data gathered regarding the age when what event occurs?

- a. Spermarche
- b. Menarche
- c. Breast development
- d. Hair growth

Difficulty: 1 Question ID: 2.1.34 Page Reference: 45

Topic: The Order of Pubertal Events

Skill: Factual

Answer: b. Menarche.

2.1.35. Which of the following is associated with historical evidence that technology influences pubertal timing?

- a. Reaction range
- b. Secular trend
- c. Distancing hypothesis
- d. Feedback loop

Difficulty: 2 Question ID: 2.1.35 Page Reference: 45

Topic: Culture and the Timing of Puberty

Skill: Conceptual

Answer: b. Secular trend.

2.1.36. According to research, the average age of menarche for girls in the United States is

- a. 10.5 years.
- b. 11.5 years.
- c. 12.5 years.
- d. 13.0 years.

Difficulty: 1 Question ID: 2.1.36 Page Reference: 45

Topic: Culture and the Timing of Puberty

Skill: Factual

Answer: c. 12.5 years.

2.1.37. Ty is a researcher who wants to determine the typical amount of time it takes for Peruvian adolescents to develop from the onset of puberty to full maturation. Among the following choices, which type of study should Ty conduct?

- a. Cross-sectional study.
- b. Ethnographic study.
- c. Secular study.
- d. Longitudinal study.

Difficulty: 3 Question ID: 2.1.37 Page Reference: 45

Topic: Culture and the Timing of Puberty

Skill: Applied

Answer: d. Longitudinal study.

2.1.38. Tanner and his colleagues recently (1990) researched pubertal development in other countries. An important finding was that the timing and rate of pubertal development

- a. varies with levels of nutrition and medical care.
- b. are different when studied using longitudinal versus cross-sectional studies.
- c. are not impacted by environmental factors.
- d. are influenced by being part of a research study.

Difficulty: 1 Question ID: 2.1.38 Page Reference: 45

Topic: Tanner's Longitudinal Research on Pubertal Development

Skill: Factual

Answer: a. varies with levels of nutrition and medical care.

2.1.39. Which of the following best defines reaction range?

- a. Genetically determined range of potential
- b. Environmentally determined range of potential
- c. Difference between nature and nurture
- d. Variation in the rate of pubertal development

Difficulty: 2 Question ID: 2.1.39 Page Reference: 46

Topic: Culture and the Timing of Puberty

Skill: Conceptual

Answer: a. Genetically determined range of potential

2.1.40. According to cross-cultural research, puberty rituals are more common for

- a. males.
- b. females.
- c. adolescents in Western cultures.
- d. families with high socio-economic status.

Difficulty: 1 Question ID: 2.1.40 Page Reference: 47

Topic: Cultural Responses to Puberty: Puberty Rituals

Skill: Factual

Answer: b. females.

2.1.41. Many cultural rituals marking menarche and menstruation reflect

- a. annoyance with menstruation.
- b. the joy associated with menstruation.
- c. a fear of menstruation.
- d. ambivalence toward menstruation.

Difficulty: 2 Question ID: 2.1.41 Page Reference: 48

Topic: Cultural Responses to Puberty: Puberty Rituals

Skill: Conceptual

Answer: d. ambivalence toward menstruation.

2.1.42. In Samoa, the traditional rite of passage into adolescence involves

- a. tattooing of both males and females.
- b. tattooing of males only.
- c. tattooing of females and branding of males.
- d. an elaborate process of body piercing.

Difficulty: 1 Question ID: 2.1.42 Page Reference: 49

Topic: Coming of Age in Samoa

Skill: Factual

Answer: a. tattooing of both males and females.

2.1.43. Traditional puberty rituals, such as tattooing, are undergoing a revival in some cultures. This best reflects an

- a. example of ethnographers' influence on the cultures they study.
- b. example of Western youth copying traditional culture.
- c. attempt to assimilate into the global culture.
- d. attempt to keep traditional cultures from disappearing due to globalization.

Difficulty: 2 Question ID: 2.1.43 Page Reference: 49

Topic: Coming of Age in Samoa

Skill: Conceptual

Answer: d. attempt to keep traditional cultures from disappearing due to globalization.

2.1.44. According to your text, traditional male puberty rituals, such as scarring and bloodletting, operate as a metaphor for

- a. the hardships and challenges of adult life.
- b. the pain of childbirth experienced by the boy's mother.
- c. athletic competitions.
- d. childhood play.

Difficulty: 3 Question ID: 2.1.44 Page Reference: 49

Topic: Cultural Responses to Puberty: Puberty Rituals

Skill: Applied

Answer: a. the hardships and challenges of adult life.

2.1.45. The decline in frequency of puberty rituals in traditional cultures is most likely associated with

- a. globalization.
- b. poverty.
- c. rising age of menarche.
- d. racism.

Difficulty: 2 Question ID: 2.1.45 Page Reference: 49

Topic: Cultural Responses to Puberty: Puberty Rituals

Skill: Conceptual

Answer: a. globalization.

2.1.46. Which of the following characterizes parent-adolescent relationships in American majority culture?

- a. Adolescents of both sexes tend to be closer to their mothers than to their fathers.
- b. Communication styles shift toward consoling through touch.

- c. Adolescent females tend to be closer to their fathers.
- d. None of these.

Difficulty: 2 Question ID: 2.1.46 Page Reference: 48-49

Topic: Social and Personal Responses to Puberty

Skill: Conceptual

Answer: a. Adolescents of both sexes tend to be closer to their mothers than to their fathers.

2.1.47. Meena's father died when she was a baby, and there is a lot of ongoing conflict in the household between her mother and stepfather. According to research discussed in the text, Meena may be more likely to

- a. reach puberty earlier.
- b. reach puberty later.
- c. experience storm and stress.
- d. experience an atypical order of pubertal events.

Difficulty: 3 Question ID: 2.1.47 Page Reference: 51

Topic: Social and Personal Responses to Puberty

Skill: Applied

Answer: a. reach puberty earlier.

2.1.48. Abelard is thirteen years old. He spends more time during the day with his mother than with his father. His relationship with his mother is stronger and he feels more close to her than his father. According to research, Abelard is

- a. unusual – most adolescents are closer to their fathers than mothers.
- b. typical – most adolescents are closer to their mothers than fathers.
- c. a difficult child – he is most likely afraid of his father.
- d. unusual – most adolescents are closer to their parent of the same gender.

Difficulty: 3 Question ID: 2.1.48 Page Reference: 51

Topic: Social and Personal Responses to Puberty

Skill: Applied

Answer: b. typical – most adolescents are closer to their mothers than fathers.

2.1.49. Gina is eighteen years old and feels that she is no longer as close to her parents as she was when she was a child. In fact, she has moved away from the religious commune where she was raised and is engaged to the boyfriend she met at college. This scenario is consistent with which of the following concepts?

- a. Distancing hypothesis
- b. Reaction range
- c. Active genotype-environment interaction

d. Nature-nurture debate

Difficulty: 3 Question ID: 2.1.49 Page Reference: 51

Topic: Social and Personal Responses to Puberty

Skill: Applied

Answer: a. Distancing hypothesis.

2.1.50. Which of the following is a valid criticism of the "distancing hypothesis"?

- a. Distancing may have an evolutionary basis.
- b. Parent-adolescent conflict increases in adolescence.
- c. Distancing does not occur in all cultures.
- d. Some adolescents really love their parents.

Difficulty: 2 Question ID: 2.1.50 Page Reference: 51

Topic: Social and Personal Responses to Puberty

Skill: Conceptual

Answer: c. Distancing does not occur in all cultures.

2.1.51. Recent research has shown that some girls tend to go through puberty earlier than others. What scenario most likely creates early onset of puberty?

- a. Damini, whose mother was only 17 years old when she had Damini
- b. Brandi, who lives with only her father and shares a room with her younger sister
- c. Elizabeth, who lives with her mom and her step-father but doesn't see her dad at all
- d. Beverly, who has an eating disorder and has been severely underweight for three years.

Difficulty: 3 Question ID: 2.1.51 Page Reference: 51

Topic: Social and Personal Responses to Puberty

Skill: Applied

Answer: c. Elizabeth, who lives with her mom and her step-father but doesn't see her dad at all

2.1.52. Liza is an early-maturing girl who just reached menarche. She is very upset and is having a difficult time adjusting. Which of the following is the most likely reason for Liza's feelings?

- a. Liza was unprepared for menarche; her mother hadn't even told her about it yet.
- b. All of Liza's friends had already reached menarche and she felt left out.
- c. Liza was well prepared for menarche and had learned a lot from her peers.
- d. All of Liza's siblings are boys and she feels uncomfortable.

Difficulty: 3 Question ID: 2.1.52 Page Reference: 51-52

Topic: Social and Personal Responses to Puberty

Skill: Applied

Answer: a. Liza was unprepared for menarche; her mother hadn't even told her about it yet.

2.1.53. Justine's older sister has told her that "getting her period will be a real drag – painful and annoying." According to research, how is Justine likely to report her menarche?

- a. As a discomfort
- b. Associated with severe depression
- c. Positive and elated
- d. Mostly ambivalent

Difficulty: 3 Question ID: 2.1.53 Page Reference: 52

Topic: Social and Personal Responses to Puberty

Skill: Applied

Answer: a. As a discomfort

2.1.54. Which statement best represents how culture influences girls' responses to menarche?

- a. Premenstrual Syndrome is a socially constructed phenomenon.
- b. Socioeconomic status is a major factor impacting girls' experiences of menarche.
- c. Geographical region and climate impact girls' experiences of menarche.
- d. Knowledge and expectations impact girls' experiences of menarche.

Difficulty: 2 Question ID: 2.1.54 Page Reference: 52

Topic: Social and Personal Responses to Puberty

Skill: Conceptual

Answer: d. Knowledge and expectations impact girls' experiences of menarche.

2.1.55. The history of American beliefs about menstruation is described in a book by

- a. J. M. Tanner.
- b. J. J. Brumberg.
- c. Nora Ephron.
- d. Judy Blume.

Difficulty: 1 Question ID: 2.1.55 Page Reference: 53

Topic: Menarche as a Taboo Topic

Skill: Factual

Answer: b. J. J. Brumberg.

2.1.56. A survey conducted in 1895 found that _____ percent of Boston high school girls had no knowledge of menarche before it occurred.

- a. 10
- b. 25

- c. 60
- d. 75

Difficulty: 1 Question ID: 2.1.56 Page Reference: 53
Topic: Menarche as a Taboo Topic
Skill: Factual
Answer: c. 60

2.1.57. Which of the following contributed most to the secrecy surrounding menstruation in 19th century middle class America?

- a. Girls reached menarche at a later age than today.
- b. There were no feminine hygiene products.
- c. Girls reached menarche at an earlier age than today and could not fully understand it.
- d. People associated menstruation with sexuality and tried to preserve girls' "innocence."

Difficulty: 2 Question ID: 2.1.57 Page Reference: 53
Topic: Menarche as a Taboo Topic
Skill: Conceptual
Answer: d. People associated menstruation with sexuality and tried to preserve girls' "innocence."

2.1.58. Which of the following illustrate the changing Western attitudes toward menstruation in the early part of the twentieth century? Menstruation became

- a. less associated with adolescent storm and stress.
- b. more associated with health and hygiene than with sexuality.
- c. a focus for national debate.
- d. a topic that was more and more taboo to discuss.

Difficulty: 2 Question ID: 2.1.58 Page Reference: 53
Topic: Menarche as a Taboo Topic
Skill: Conceptual
Answer: b. more associated with health and hygiene than with sexuality.

2.1.59. Boris, who has just experienced semenarche, feels embarrassed and has vowed he would not tell anyone about it. Boris's attitude best reflects

- a. a distant relationship with his parents.
- b. Western attitudes toward this topic.
- c. his positive feelings toward becoming a man.
- d. his awareness of his own bodily functions.

Difficulty: 3 Question ID: 2.1.59 Page Reference: 52

Topic: Early and Late Pubertal Timing

Skill: Applied

Answer: b. Western attitudes toward this topic.

2.1.60. One caution in interpreting the research on early and late maturation is that

- a. effects for individuals depend on their particular abilities, experiences, and situations.
- b. it is difficult to know if an adolescent is early or late maturing in an age-graded school.
- c. most of the research has been conducted with boys.
- d. much of the research has been conducted retrospectively with adults.

Difficulty: 2 Question ID: 2.1.60 Page Reference: 53-55

Topic: Early and Late Pubertal Timing

Skill: Conceptual

Answer: a. effects for individuals depend on their particular abilities, experiences, and situations.

2.1.61. Age-grading in schools contributes to

- a. advance pubertal development.
- b. delays in pubertal development.
- c. the need for puberty rituals.
- d. social comparison of physical maturity.

Difficulty: 2 Question ID: 2.1.61 Page Reference: 54

Topic: Early and Late Pubertal Timing

Skill: Conceptual

Answer: d. social comparison of physical maturity.

2.1.62. According to recent research, which of the following best represents the effects of early maturation for girls in Western societies? Early maturing girls are

- a. more likely to hold positive body images than late maturers.
- b. at risk for higher incidence of depressed moods.
- c. no different than normal maturing or late maturing girls.
- d. less likely to have eating disorders or substance abuse.

Difficulty: 1 Question ID: 2.1.62 Page Reference: 54

Topic: Early and Late Pubertal Timing

Skill: Factual

Answer: b. at risk for higher incidence of depressed moods.

2.1.63. According to the text, why is early maturation such a problem for girls in the West?

- a. Because Western cultures value thinness in females' appearances.
- b. Delayed physical development draws attention from younger boys.
- c. They have more favorable body images and have lower levels of estrogen.
- d. Pubertal changes affect muscle development and growth spurts.

Difficulty: 2 Question ID: 2.1.63 Page Reference: 54

Topic: Early and Late Pubertal Timing

Skill: Conceptual

Answer: a. Because Western cultures value thinness in females' appearances.

2.1.64. Shelly is a young adult who suffers from anxiety, drinks alcohol, and is sexually active. Which of the following is likely to describe Shelly in terms of her pubertal timing?

- a. Early maturing
- b. On time
- c. Late maturing
- d. Non maturing

Difficulty: 3 Question ID: 2.1.64 Page Reference: 54

Topic: Early and Late Pubertal Timing

Skill: Applied

Answer: a. Early maturing

2.1.65. Early-maturing girls and late-maturing boys may be at greater risk for adjustment problems than other groups because they

- a. experience more parental pressure because of their physical attributes.
- b. are more likely to have skin problems like acne.
- c. are the most "off-time" from their peers in terms of physical development.
- d. tend to spend more time with their friends.

Difficulty: 3 Question ID: 2.1.65 Page Reference: 55

Topic: Early and Late Pubertal Timing

Skill: Applied

Answer: c. are the most "off-time" from their peers in terms of physical development.

2.1.66. The emergence of dieting behavior at the time of puberty is likely to stem from

- a. boyfriend/girlfriend pressures.
- b. the storm and stress of adolescence.
- c. loss of appetite due to hormonal changes.
- d. a pervasive cultural ideal of thinness.

Difficulty: 3 Question ID: 2.1.66 Page Reference: 54-55

Topic: Early and Late Pubertal Timing

Skill: Applied

Answer: d. a pervasive cultural ideal of thinness.

2.1.67. Jamie became physically mature at a younger age than most peers. In high school, Jamie was popular, had a positive self-image, yet experienced more temper outbursts than peers. At the age of 37, Jamie is a sociable person living a more conventional lifestyle than many peers. Most likely, what is Jamie's gender?

- a. It is impossible to tell based on research presented.
- b. Female.
- c. Male.
- d. Either male or female.

Difficulty: 3 Question ID: 2.1.67 Page Reference: 55

Topic: Early and Late Pubertal Timing

Skill: Applied

Answer: c. Male.

2.1.68. Jamie discovered sex at an early age and smoked pot by 13 years old. Jamie likes going to parties and having sex most weekends and finds it hard to concentrate on homework. According to research, Jamie most closely fits the profile of a(n)

- a. on-time male.
- b. early-maturing male.
- c. late-maturing female.
- d. late-maturing male.

Difficulty: 3 Question ID: 2.1.68 Page Reference: 55

Topic: Early and Late Pubertal Timing

Skill: Applied

Answer: b. early-maturing male.

2.1.69. Nature is to nurture as biological is to

- a. sexual.
- b. environmental.
- c. educational.
- d. creationist.

Difficulty: 2 Question ID: 2.1.69 Page Reference: 56

Topic: Biological Development and the Environment: The Theory of Genotype-Environment Interactions

Skill: Conceptual

Answer: b. environmental.

2.1.70. The view that both biology and environment play an important role in human

development is consistent with the theory of

- a. genotype-environment interactions.
- b. the distancing hypothesis.
- c. health promotion.
- d. the secular trend.

Difficulty: 1 Question ID: 2.1.70 Page Reference: 56

Topic: Biological Development and the Environment: The Theory of Genotype-Environment Interactions

Skill: Factual

Answer: a. genotype-environment interactions.

2.1.71. According to genotype-environment theory, we create our own environments based on our

- a. parents' skills.
- b. family type.
- c. genetic makeup.
- d. social context.

Difficulty: 1 Question ID: 2.1.71 Page Reference: 56

Topic: Biological Development and the Environment: The Theory of Genotype-Environment Interactions

Skill: Factual

Answer: c. genetic makeup.

2.1.72. According to the text, why should you be skeptical when you read studies about parents and adolescents in biological families where the behavior of parents is claimed to be the cause of the characteristics of adolescents?

- a. Behavior may be caused by biology and not environment.
- b. Behavior may be caused by environment and not biology.
- c. Because the divorce rate is so high in the U.S., no conclusive findings could be drawn.
- d. There are few studies which investigate the differential treatment of mothers and fathers.

Difficulty: 2 Question ID: 2.1.72 Page Reference: 56

Topic: Biological Development and the Environment: The Theory of Genotype-Environment Interactions

Skill: Conceptual

Answer: a. Behavior may be caused by biology and not environment.

2.1.73. Matt is a six-year-old who constantly draws and spontaneously makes up original cartoon characters. His mother, proud of Matt's evident talent, has bought him computer

graphics software and has arranged for art lessons. This situation best illustrates _____ genotype environment interaction.

- a. retentive
- b. evocative
- c. passive
- d. active

Difficulty: 3 Question ID: 2.1.73 Page Reference: 56-57

Topic: Biological Development and the Environment: The Theory of Genotype-Environment Interactions

Skill: Applied

Answer: b. evocative

2.1.74. Which genotype-environment interaction is MOST pronounced during early childhood?

- a. Active
- b. Passive
- c. Evocative
- d. Stable

Difficulty: 1 Question ID: 2.1.74 Page Reference: 56

Topic: Genotype-Environment Interactions Over Time

Skill: Factual

Answer: b. Passive

2.1.75. During adolescence and emerging adulthood, autonomy increases along with _____ genotype-environment interactions.

- a. active
- b. passive
- c. evocative
- d. stable

Difficulty: 1 Question ID: 2.1.75 Page Reference: 57

Topic: Genotype-Environment Interactions Over Time

Skill: Factual

Answer: a. active

True/False

2.2.76. The word puberty is derived from the Latin word meaning "to grow larger."

- a. True
- b. False

Difficulty: 1 Question ID: 2.2.76 Page Reference: 34

Topic: The Biological Revolution of Puberty

Skill: Factual

Answer: b. False

2.2.77. Lower levels of body fat signal the hypothalamus to increase GnRH production.

a. True

b. False

Difficulty: 1 Question ID: 2.2.77 Page Reference: 34

Topic: The Biological Revolution of Puberty

Skill: Factual

Answer: b. False

2.2.78. Menarche is the first menstruation and the first ovulation.

a. True

b. False

Difficulty: 1 Question ID: 2.2.78 Page Reference: 41

Topic: Primary Sex Characteristics

Skill: Factual

Answer: b. False

2.2.79. According to the text, Kikuyu boys show the first physical changes of puberty before their female peers, a reversal of the Western pattern.

a. True

b. False

Difficulty: 1 Question ID: 2.2.79 Page Reference: 44

Topic: The Order of Pubertal Events

Skill: Factual

Answer: a. True

2.2.80. Low body weight and poor nutrition may delay the onset of puberty.

a. True

b. False

Difficulty: 1 Question ID: 2.2.80 Page Reference: 45

Topic: The Culture and Timing of Puberty

Skill: Factual

Answer: a. True

2.2.81. There are some cultures that do not mark puberty with rituals.

- a. True
- b. False

Difficulty: 1 Question ID: 2.2.81 Page Reference: 47
Topic: Cultural Responses to Puberty: Puberty Rituals
Skill: Factual
Answer: a. True

2.2.82. Mikeveh is a ritualistic bath performed by the Asante, a culture in the African Nation of Ghana.

- a. True
- b. False

Difficulty: 1 Question ID: 2.2.82 Page Reference: 48
Topic: Cultural responses to Puberty: Puberty rituals
Skill: Factual
Answer: b. False

2.2.83. In the 1940s, Walt Disney produced an educational cartoon titled "The Story of Menstruation."

- a. True
- b. False

Difficulty: 1 Question ID: 2.2.83 Page Reference: 53
Topic: Menarche as a Taboo Topic
Skill: Factual
Answer: a. True

2.2.84. You are a middle school teacher. It is possible to have students in your class who have finished pubertal development, and others who have not yet started.

- a. True
- b. False

Difficulty: 1 Question ID: 2.2.84 Page Reference: 54
Topic: Early and Late Pubertal Timing
Skill: Factual
Answer: a. True

2.2.85. Within cultures, the timing of puberty appears to be based mainly on social factors.

- a. True
- b. False

Difficulty: 1 Question ID: 2.2.85
Page Reference: 52
Topic: Early and Late Pubertal Timing
Skill: Factual
Answer: b. False

2.2.86. For the most part, early maturation tends to be more positive for girls than for boys.

- a. True
- b. False

Difficulty: 1 Question ID: 2.2.86 Page Reference: 54-55
Topic: Early and Late Pubertal Timing
Skill: Factual
Answer: b. False

2.2.87. Early maturation is a problem for girls in the West because of cultural values about physical appearance.

- a. True
- b. False

Difficulty: 1 Question ID: 2.2.87 Page Reference: 54
Topic: Early and Late Pubertal Timing
Skill: Factual
Answer: a. True

2.2.88. In recent years, most scholars agree that both biology and environment influence human development.

- a. True
- b. False

Difficulty: 1
Question ID: 2.2.88 Page Reference: 56
Topic: Biological Development and the Environment: The Theory of Genotype-Environment Interactions
Skill: Factual
Answer: a. True

2.2.89. Active genotype-environment interaction occurs in biological families because parents provide both genes and environment for their children.

- a. True
- b. False

Difficulty: 1 Question ID: 2.2.89 Page Reference: 57

Topic: Biological Development and the Environment: The Theory of Genotype-Environment Interactions

Skill: Factual

Answer: b. False

2.2.90. Evocative genotype-environment interactions remain stable over time.

- a. True
- b. False

Difficulty: 1 Question ID: 2.2.90 Page Reference: 56-57

Topic: Genotype-Environment Interactions Over Time

Skill: Factual

Answer: a. True

Essay

2.3.91. Define and explain the secular trend in terms of the influence of culture on the timing and initiation of puberty.

Difficulty: 3 Question ID: 2.3.91 Page Reference: 45

Topic: Culture and the Timing of Puberty

Skill: Applied

Answer: • Secular trend: o Historical records show a steady decrease in the age of menarche in Western countries over the past 150 years. o Puberty begins earlier in cultures with wider availability of health care and nutrition.

2.3.92. Describe the changes in parent-adolescent relationships at puberty. Provide a possible explanation for this change.

Difficulty: 3 Question ID: 2.3.92 Page Reference: 50-51

Topic: Parent-Adolescent Relations and Puberty

Skill: Applied

Answer: • At puberty: o Relationships characterized by "cooling." o Parent-child communication shifts from touching to talking. o Conflict increases, especially for early maturing adolescents. o Feel less close to mothers, and less accepted by fathers. • Distancing hypothesis: o Theorizes evolutionary basis for the increasing distance between parents and adolescents. That is, it is adaptive in terms of mating and reproduction for adolescents to move away from closeness with parents to find mates in a larger social circle.

2.3.93. Describe the concept of the incest taboo. Using examples, illustrate the cultural

differences that have been researched.

Difficulty: 3 Question ID: 2.2.93 Page Reference: 50-51

Topic: Social and Personal Responses to Puberty

Skill: Conceptual

Answer: Studies have shown that conflict with parents tends to be especially high for adolescents who mature early. Various explanations have been proposed, centering mostly on how the biologically based incest taboo between parents and children becomes activated once children reach sexual maturity, resulting in more distancing relations. Studies have found that this takes place mainly in two-parent White American families and one study of African American families. Distancing is not common in Latino families or in divorced mother-headed families.

2.3.94. Summarize the history of American attitudes toward menarche and menstruation from the 19th Century to the present.

Difficulty: 3 Question ID: 2.3.94 Page Reference: 53

Topic: Menarche as a Taboo Topic

Skill: Factual

Answer: • In the 19th century, menarche and menstruation were "taboo" topics in middle class America. • Menstruation was associated with sexuality and thus took on the status of a "secret" topic in order to protect the "innocence" of girls. • Menarche occurred later (secular trend) and most girls experienced menarche with little or no information. • In the 20th century, menarche became more openly discussed and associated with health and hygiene. • Information about menstruation was communicated via media and corporations. Today it is rare for girls to reach menarche without some awareness of the process.

2.3.95. List and provide an example for the three categories of genotype-environment interaction.

Difficulty: 3 Question ID: 2.3.95 Page Reference: 56

Topic: Biological Development and the Environment: The Theory of Genotype-Environment Interactions

Skill: Applied

Answer: • Passive genotype-environment interaction. o Example: Hank's mom and dad both have inherited artistic talent. They spend a lot of time drawing, painting, and visiting galleries. The parents include Hank in their activities and encourage his participation. • Evocative genotype-environment interaction. o Example: Bernice is an agreeable, content, and calm child. Her mother responds to her with lots of smiles, cuddles, and shared activities. • Active genotype-environment interaction. o Example: Like her father, Bette has inherited a real knack for biology. Therefore, she decides to join the naturalist club at her local community center.