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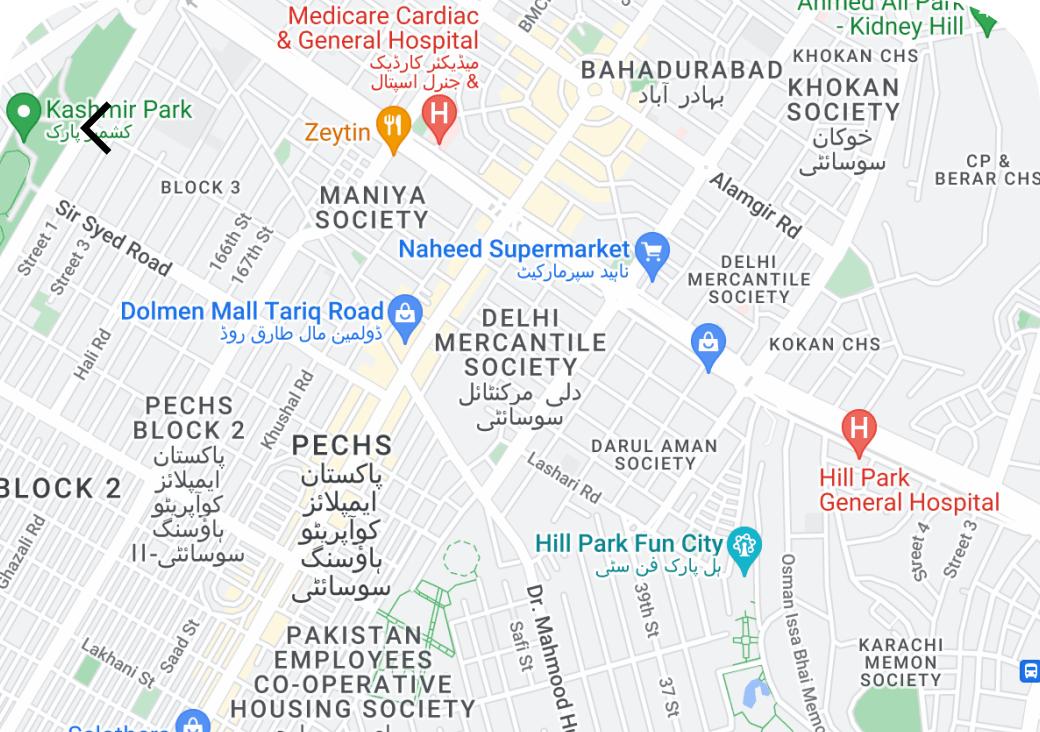
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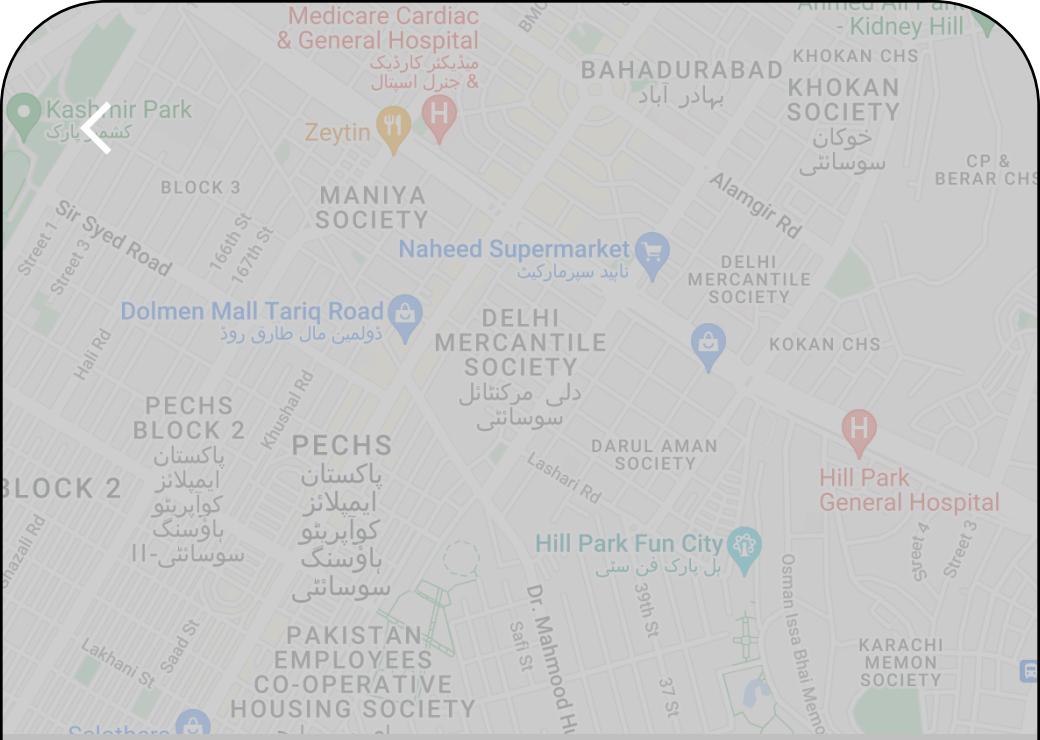
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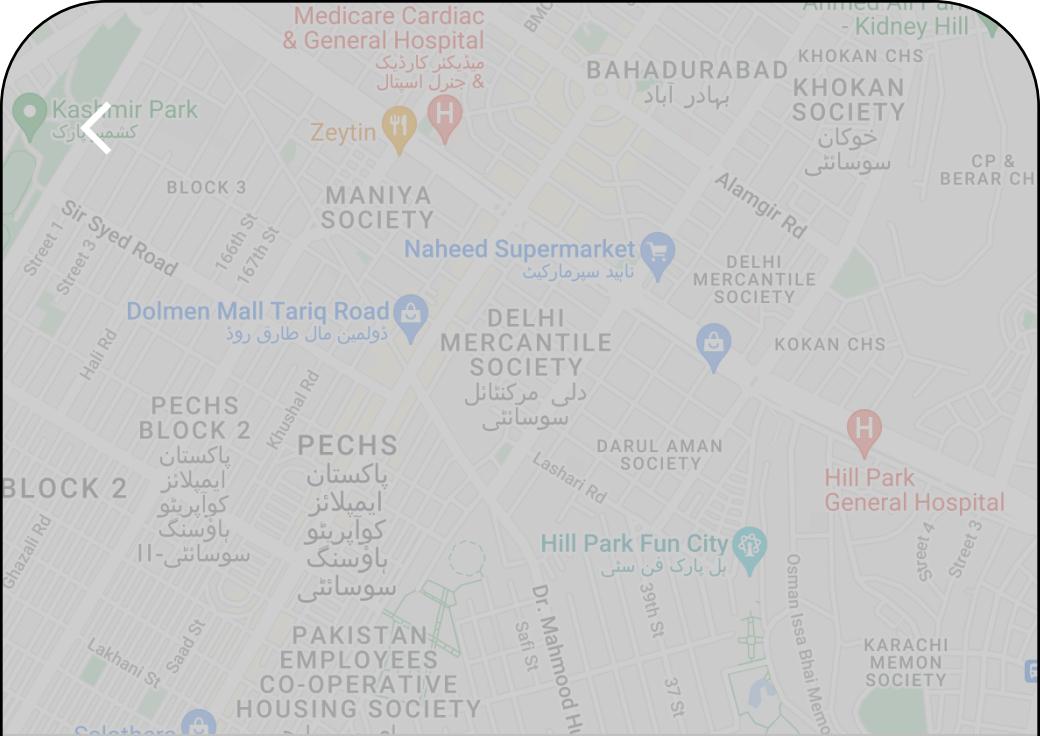
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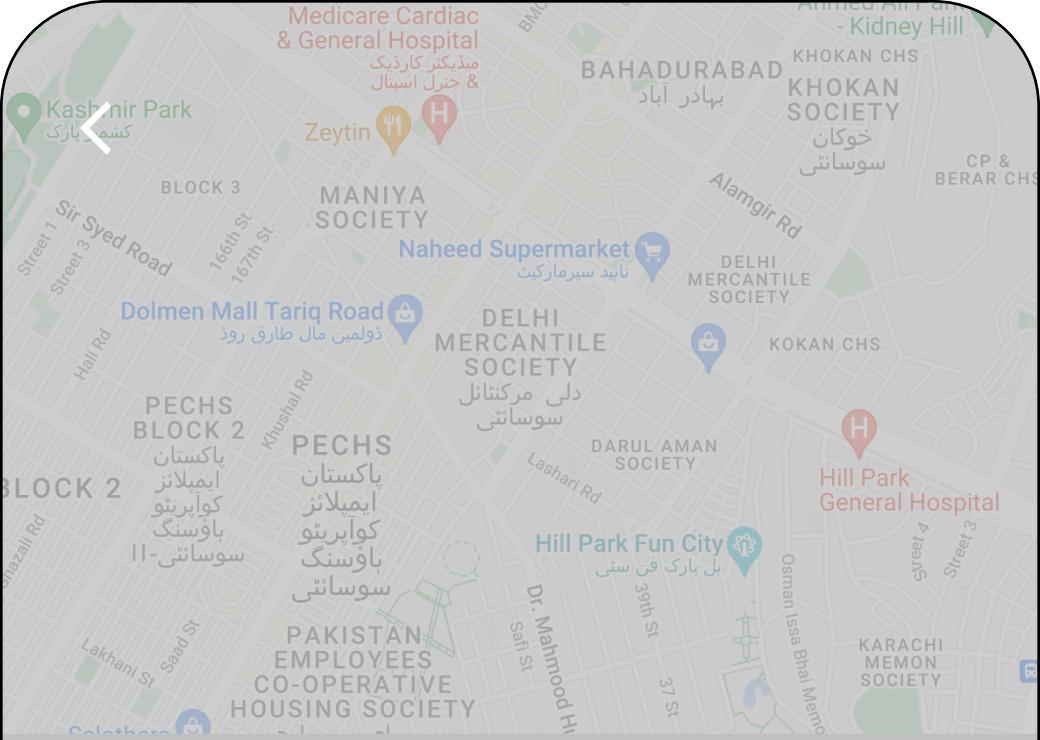
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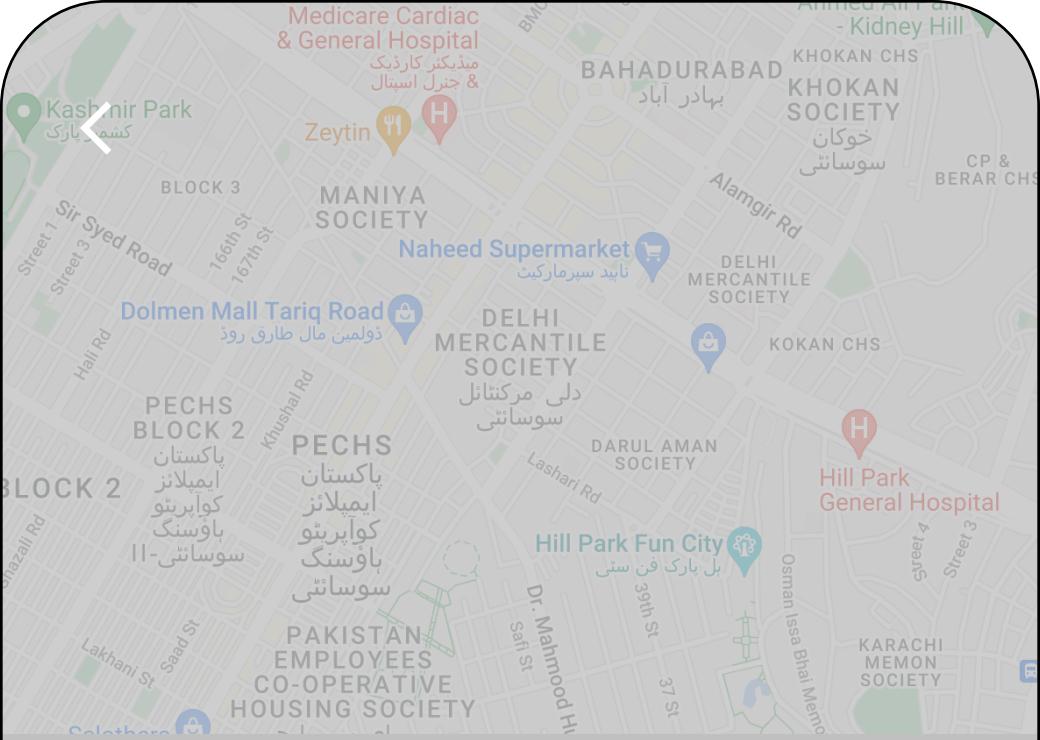
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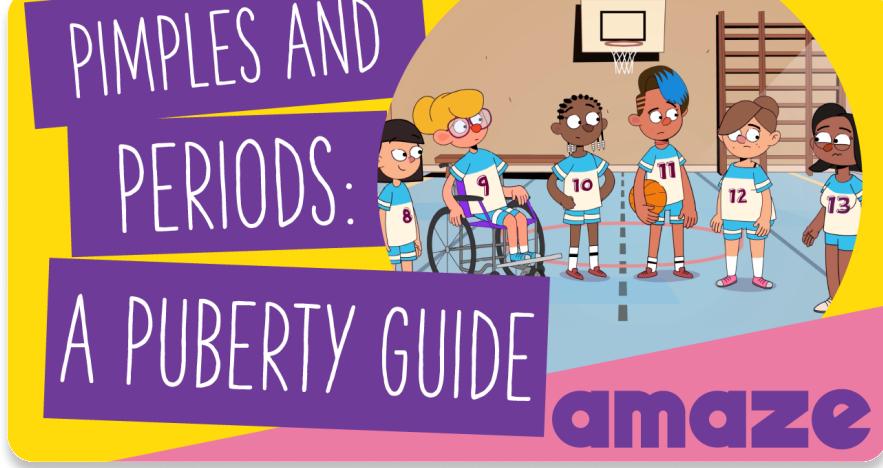


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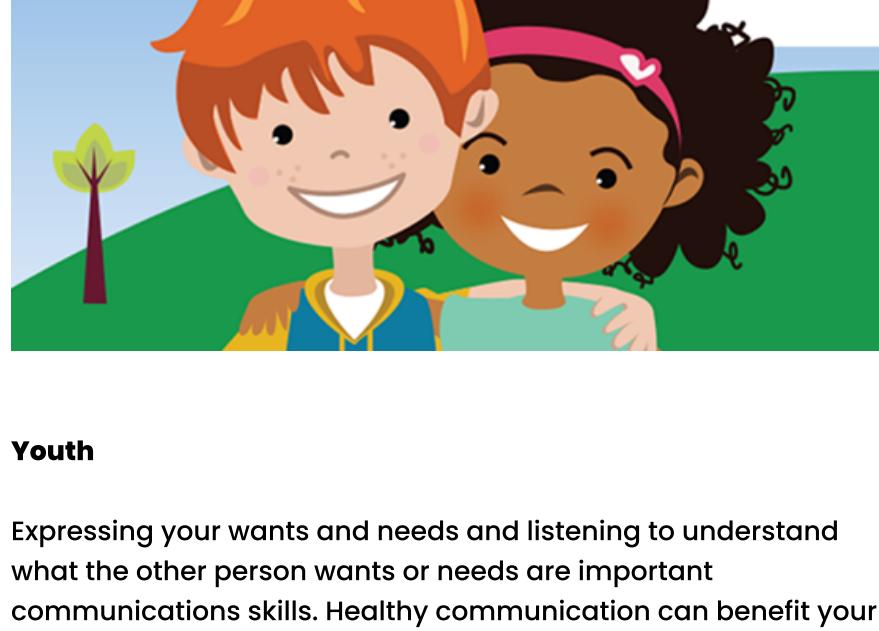
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How to talk to girls, boys, and everyone in between

Published by Amaze.org Studios



Youth

Expressing your wants and needs and listening to understand what the other person wants or needs are important communications skills. Healthy communication can benefit your relationships with your family, friends and peers.

There are three different styles of communication: passive, aggressive and assertive. Passive communication is when people do not clearly express their feelings, thoughts or needs to others. Aggressive communication is when people forcefully express their feelings, thoughts or needs, but do not take into consideration what anyone else wants. This may lead them to bully others into doing what they want. Assertive communication is when a person clearly expresses their thoughts, feelings and needs and also takes the other person's thoughts, feelings and needs into consideration. This is the healthiest form of communication.

Good communication is not only about expressing yourself but also actively listening and working to understand what the other person is saying. Learning and practicing these healthy communication skills will prepare you for the times when communication with someone is most important.

Parents

Relationships become increasingly important for young people as they develop from kids into young adults. It is developmentally appropriate for young people to seek more independence from their families and spend more time with their peers. They also might find that friendships change, with some becoming more intense and others potentially fizzing out. These changes can be stressful and confusing for young people. It's important that they understand that these changes are normal and that communication can help them navigate changes in their relationships.

Communication is an important part of a healthy relationship. Parents and caregivers can help young people develop good communication skills by modeling effective communication, practicing healthy communication skills with young people and talking with them about how best to communicate honestly and respectfully. As young people's relationships with friends and eventually romantic partners begin to evolve, it's important that they learn and practice how to communicate with a partner about how they feel, what they need, what they believe and what they want in an open and honest way. It is equally important that young people learn how to listen and understand a friend or partner's feelings, needs, beliefs and desires with the same respect they expect from them.

Conversation Starters

Effective communication is the foundation of healthy relationships, and your child is already learning and practicing these skills in friendships and will eventually use them in dating relationships. As a parent, being familiar with what healthy communication is and talking to your child about it can help your child feel more comfortable practicing good communication skills.

The easiest way to start conversations about communication is to talk about it as it comes up in everyday life, like while watching a show or movie together.

Here are some ways to start these conversations:

- While watching a show or movie featuring characters who are either communicating aggressively, assertively or passively
- When your child shares a challenge or joy in communicating with a friend

For more detail, read the full article at:

<https://amaze.org/video/healthy-relationships-how-to-talk-girls-boys/#>



The Period in the third Period

Published by Amaze.org Studios



Youth

If you're between the ages of 9 and 14, you've probably started to experience puberty, or the changes that happen when your body changes from a child to a young adult. Then again, you may not have. Either way, don't worry. Puberty in girls can start as early as age 8 and as late as 13 or 14, but eventually everyone goes through it!

Beginning menstruation, often called getting your period, is a normal part of going through puberty for girls. Your period happens around once a month because changes from puberty signal your brain to release new chemicals, called hormones, into your body. During this time, your uterus starts creating a thick, lush layer of blood and nutrients inside in case you have sex and a fetus (or baby-to-be) starts to grow in there. If there is no pregnancy, the uterus pushes out the layer of nutrients, called the endometrium, which comes out of the vagina as your period. Your body then begins to create a new layer with a fresh lining and it starts over again.

It's normal to feel nervous or anxious about getting your period. It can help to talk with an adult that you trust about what to expect and to carry some feminine hygiene supplies (like a maxi pad or tampon) with you just in case.

Parents

Girls go through a process called puberty, during which their body experiences many changes in order to allow it to physically reproduce and become an adult.

One change is that girls begin to get their menstrual periods. Menstrual periods occur once a month and can last from a few days to a week. Some girls have cramps during their periods while others do not. It's important for girls to understand that their first period signals the beginning of ovulation and their body's ability to get pregnant if they were to have unprotected sex. Once a month, a hormone in the girl's brain signals her ovaries to release an egg or ovum (a process called ovulation). The hormone estrogen is also released to signal the girl's uterus to build up its lining. If an egg is not fertilized within 12 to 24 hours after ovulation, the egg dies and disintegrates while still in the uterine tube. Two weeks later, when the uterus realizes there is no fertilized egg, the built-up lining of the uterus is released or shed during a girl's menstrual period.

There are many other physical, emotional and social changes of puberty as well, and it generally takes five to seven years for all of the changes to be complete. Additional physical changes of puberty include a growth spurt during which girls become taller as well as hair growth under their arms, on their legs and around their genitals. Their genitals will grow in size as their whole body grows larger. They may also experience acne, and their sweat may now have a strong odor.

There are also emotional changes during puberty, including mood swings, experiencing sexual feelings, being interested in other people in a new romantic and/or sexual way and often feeling a need for more privacy from parents and/or siblings.

Conversation Starters

It's essential that you have conversations about topics like puberty if your child is to know that she or he can come to you with questions. The easiest way to start these conversations is to talk about issues as they come up in everyday life, like while watching TV together.

For more detail, read the full article at:

<https://amaze.org/video/period-in-third-period/>



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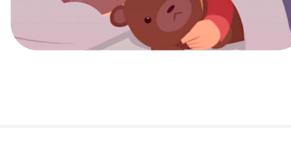
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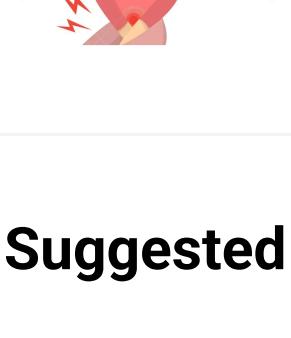
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Am I normal? What happens to your body during puberty explained

Published by Planned Parenthood



Puberty is when your body goes from being a kid to an adult. Your body goes through lots of changes that happen slowly over time. Puberty is a healthy and normal part of growing up.

What is puberty?

Puberty is the time when you physically become an adult. During puberty, your body goes through lots of changes. And your emotions might feel stronger and more intense. People usually start going through puberty between ages 8 and 14. Females often start puberty before males do.

Puberty doesn't happen all at once — it comes in stages and takes many years. You might have some signs of puberty at an early age, while other changes show up years later. Bodies are unique, so puberty is different for each person. Everyone goes through puberty at their own pace.

Puberty is a normal part of life. But it's still common to feel anxious, excited, and confused about it. Knowing what to expect can make puberty changes seem less weird or stressful. And talking to your parents or other adults you trust also helps. After all, they've gone through puberty too. So they probably understand how you feel, and have good advice.

What happens to my body during puberty?

There's no way around it — your body's gonna change a lot during puberty. Here's what to expect.

- You may get acne (AKA zits or pimples) on your face and body. If pimples are stressing you out or causing problems in your life, talk to a doctor.
- You start to sweat more, and you may have body odor (when your sweat smells bad). You may want to shower more and start using deodorant.
- Hair grows under your armpits.
- Hair grows around your genitals — this is called pubic hair.
- You may grow more hair on your arms and legs, and the hair may get darker.
- You may feel some pain in your arms and legs as you grow (AKA "growing pains")

Puberty and your feelings

Puberty is controlled by hormones, and these hormones affect your feelings as well as your body. During puberty, your emotions may become stronger and more intense. It's common to go through mood swings — when your feelings change quickly and randomly.

Finding activities that are fun and healthy can help you deal with stress and your feelings, and release extra energy. Physical activity, writing, music, art, or talking with friends are great ways to express your emotions and feel good about yourself.

For more detail, read the full article at:

<https://www.plannedparenthood.org/learn/teens/puberty>





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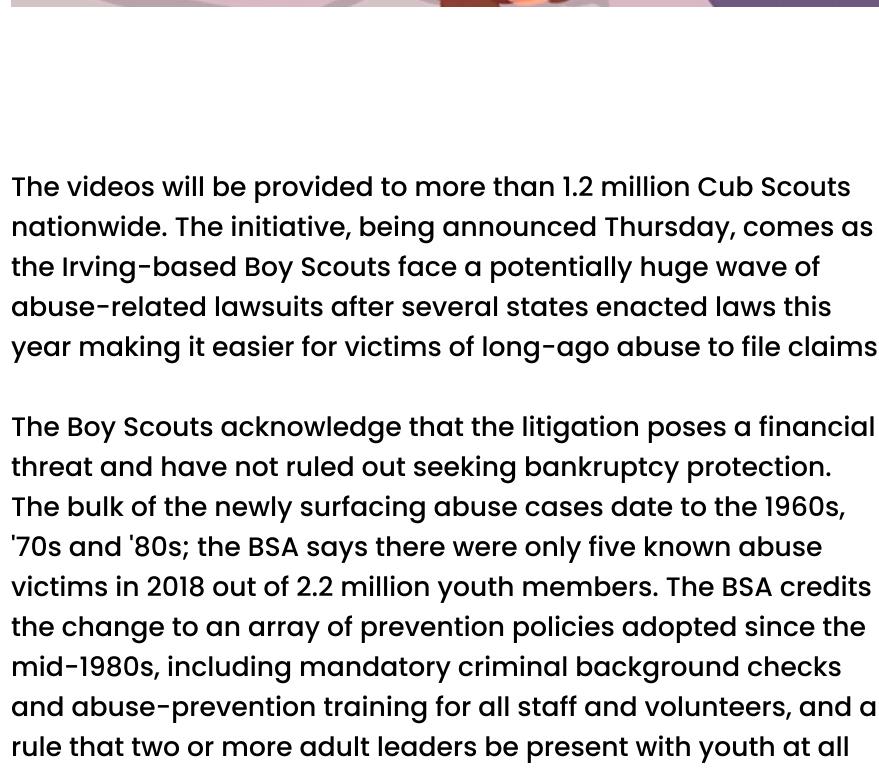


Government launches Sexual Health Awareness Program for teenagers

Published by CBS Productions

In an attempt to bolster their abuse-prevention efforts, the Boy Scouts of America has launched a new awareness program that features cartoon-style videos.

Targeted at children from kindergarten to sixth grade, the series of six videos aims to teach children how to recognize potentially

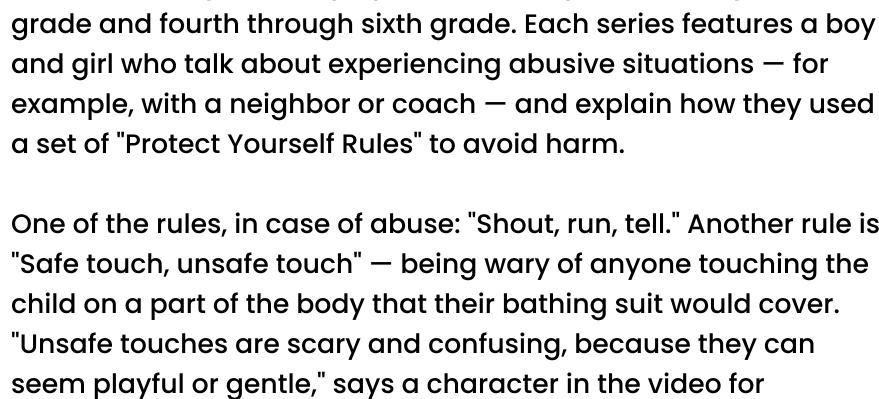


The videos will be provided to more than 1.2 million Cub Scouts nationwide. The initiative, being announced Thursday, comes as the Irving-based Boy Scouts face a potentially huge wave of abuse-related lawsuits after several states enacted laws this year making it easier for victims of long-ago abuse to file claims.

The Boy Scouts acknowledge that the litigation poses a financial threat and have not ruled out seeking bankruptcy protection. The bulk of the newly surfacing abuse cases date to the 1960s, '70s and '80s; the BSA says there were only five known abuse victims in 2018 out of 2.2 million youth members. The BSA credits the change to an array of prevention policies adopted since the mid-1980s, including mandatory criminal background checks and abuse-prevention training for all staff and volunteers, and a rule that two or more adult leaders be present with youth at all times during scouting activities.

The Boy Scouts' youth protection director, former police investigator Mike Johnson, decided to add the videos to the prevention program after vetting them with parents of Cub Scout-age children and with children themselves.

"Parents told me they're having these conversations with their kids, and they felt the videos would help them have a better, richer conversation," Johnson said. "The kids are engaged. ..."



Previous BSA prevention videos featured real people, not animated characters.

"The power and magic of animation, and its ability to communicate with kids — I underestimated it," Johnson said. The videos and related learning materials were developed in 2015-16 by psychologists and other experts recruited by the Barbara Sinatra Children's Center, a nonprofit in California, that specializes in helping children affected by abuse.

Jon Conte, a University of Washington professor emeritus who helped develop the videos, summarized their purpose this way: "Providing children with the knowledge and skills to identify risk situations and to avoid, escape or disclose abuse before it happens or after it happens once."

The videos target two age groups: kindergarten through third grade and fourth through sixth grade. Each series features a boy and girl who talk about experiencing abusive situations — for example, with a neighbor or coach — and explain how they used a set of "Protect Yourself Rules" to avoid harm.

One of the rules, in case of abuse: "Shout, run, tell." Another rule is "Safe touch, unsafe touch" — being wary of anyone touching the child on a part of the body that their bathing suit would cover. "Unsafe touches are scary and confusing, because they can seem playful or gentle," says a character in the video for kindergarteners.

The videos for older children extend beyond sex abuse, addressing bullying, domestic violence and online dangers. The accompanying lesson materials will be required for all Cub Scout units. For example, second-graders at the rank of Wolf would be asked to identify five trusted adults to whom they could report an abuse incident. They'd also be asked to demonstrate how they would say "No" to someone making them uncomfortable.

Within the next year, the Sinatra Center plans to complete animated anti-abuse videos for older youths. Johnson said the Boy Scouts might be interested in using them for its program serving boys and girls aged 11-17.

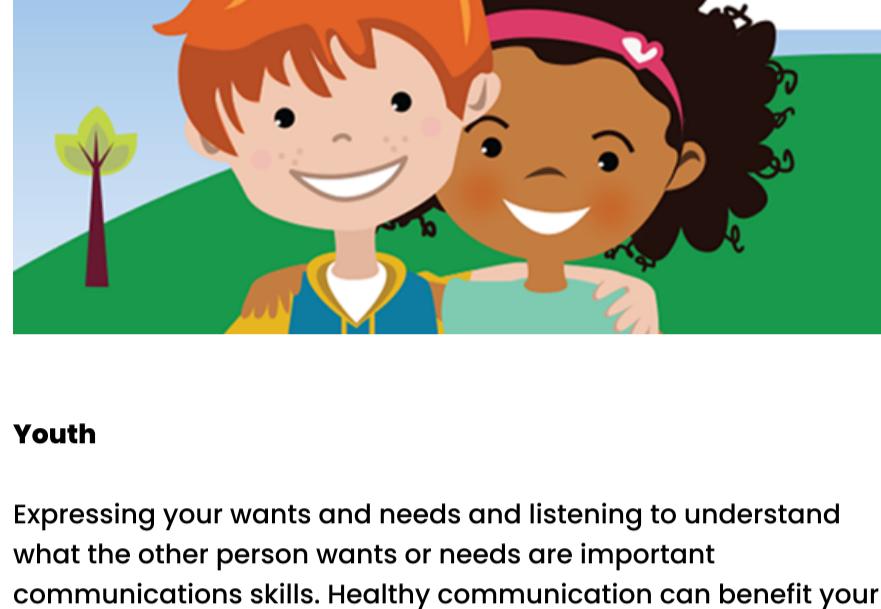
For more detail, read the full article at:

<https://www.cbsnews.com/dfw/news/boy-scouts-sex-abuse-awareness-animated-videos/>



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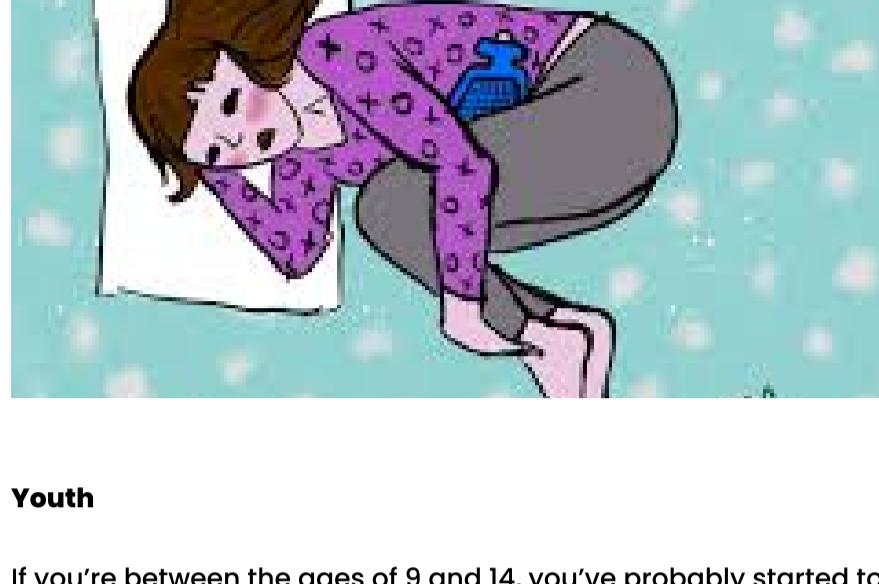
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The Period in the third Period

Published by Amaze.org Studios



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There are also emotional changes during puberty, including mood swings, experiencing sexual feelings, being interested in other people in a new romantic and/or sexual way and often feeling a need for more privacy from parents and/or siblings.

Conversation Starters

It's essential that you have conversations about topics like puberty if your child is to know that she or he can come to you with questions. The easiest way to start these conversations is to talk about issues as they come up in everyday life, like while watching TV together.

For more detail, read the full article at:

<https://amaze.org/video/period-in-third-period/>



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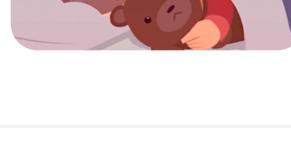
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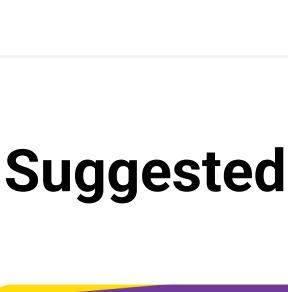
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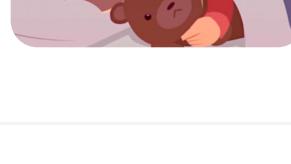
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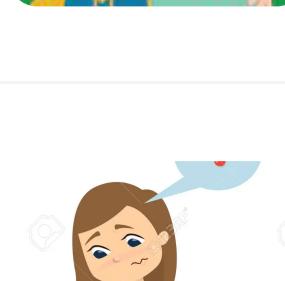
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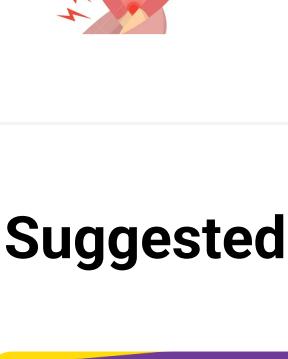
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Am I normal? What happens to your body during puberty explained

Published by Planned Parenthood



Puberty is when your body goes from being a kid to an adult. Your body goes through lots of changes that happen slowly over time. Puberty is a healthy and normal part of growing up.

What is puberty?

Puberty is the time when you physically become an adult. During puberty, your body goes through lots of changes. And your emotions might feel stronger and more intense. People usually start going through puberty between ages 8 and 14. Females often start puberty before males do.

Puberty doesn't happen all at once — it comes in stages and takes many years. You might have some signs of puberty at an early age, while other changes show up years later. Bodies are unique, so puberty is different for each person. Everyone goes through puberty at their own pace.

Puberty is a normal part of life. But it's still common to feel anxious, excited, and confused about it. Knowing what to expect can make puberty changes seem less weird or stressful. And talking to your parents or other adults you trust also helps. After all, they've gone through puberty too. So they probably understand how you feel, and have good advice.

What happens to my body during puberty?

There's no way around it — your body's gonna change a lot during puberty. Here's what to expect.

- You may get acne (AKA zits or pimples) on your face and body. If pimples are stressing you out or causing problems in your life, talk to a doctor.
- You start to sweat more, and you may have body odor (when your sweat smells bad). You may want to shower more and start using deodorant.
- Hair grows under your armpits.
- Hair grows around your genitals — this is called pubic hair.
- You may grow more hair on your arms and legs, and the hair may get darker.
- You may feel some pain in your arms and legs as you grow (AKA "growing pains")

Puberty and your feelings

Puberty is controlled by hormones, and these hormones affect your feelings as well as your body. During puberty, your emotions may become stronger and more intense. It's common to go through mood swings — when your feelings change quickly and randomly.

Finding activities that are fun and healthy can help you deal with stress and your feelings, and release extra energy. Physical activity, writing, music, art, or talking with friends are great ways to express your emotions and feel good about yourself.

For more detail, read the full article at:

<https://www.plannedparenthood.org/learn/teens/puberty>



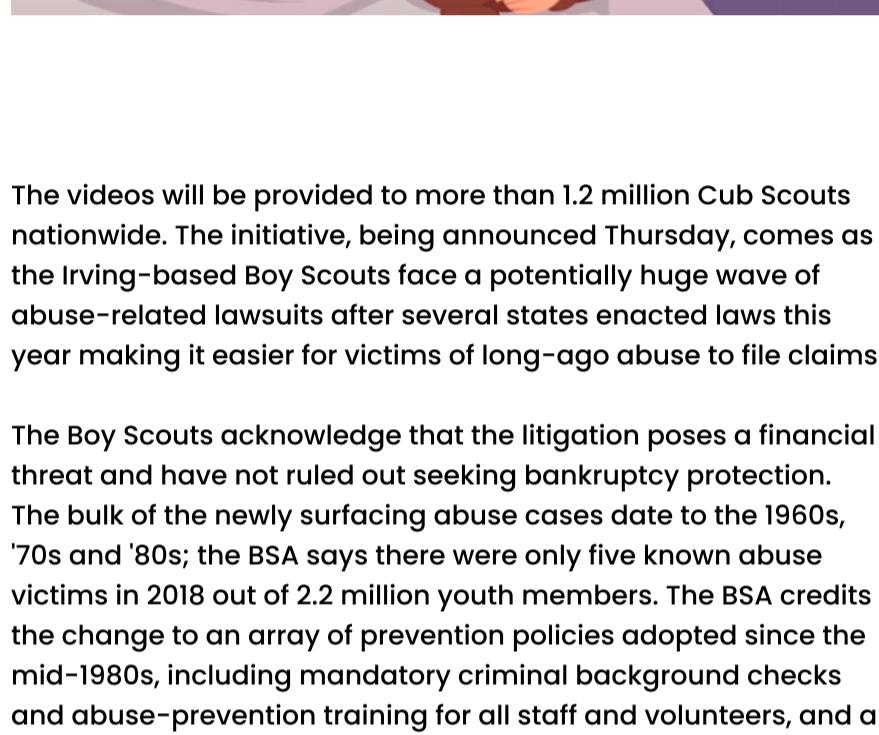


Government launches Sexual Health Awareness Program for teenagers

Published by CBS Productions

In an attempt to bolster their abuse-prevention efforts, the Boy Scouts of America has launched a new awareness program that features cartoon-style videos.

Targeted at children from kindergarten to sixth grade, the series of six videos aims to teach children how to recognize potentially

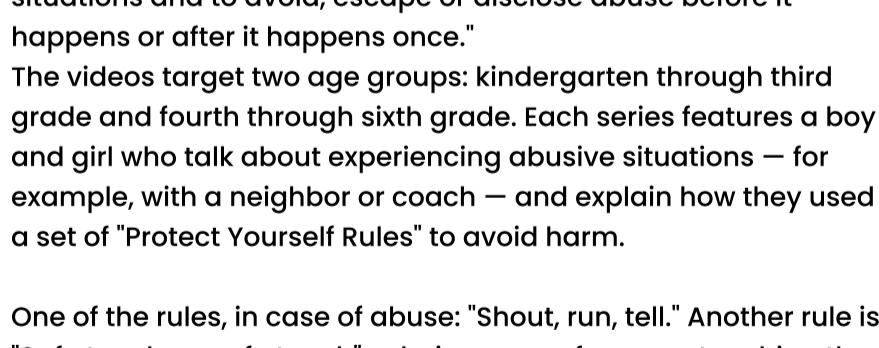


The videos will be provided to more than 1.2 million Cub Scouts nationwide. The initiative, being announced Thursday, comes as the Irving-based Boy Scouts face a potentially huge wave of abuse-related lawsuits after several states enacted laws this year making it easier for victims of long-ago abuse to file claims.

The Boy Scouts acknowledge that the litigation poses a financial threat and have not ruled out seeking bankruptcy protection. The bulk of the newly surfacing abuse cases date to the 1960s, '70s and '80s; the BSA says there were only five known abuse victims in 2018 out of 2.2 million youth members. The BSA credits the change to an array of prevention policies adopted since the mid-1980s, including mandatory criminal background checks and abuse-prevention training for all staff and volunteers, and a rule that two or more adult leaders be present with youth at all times during scouting activities.

The Boy Scouts' youth protection director, former police investigator Mike Johnson, decided to add the videos to the prevention program after vetting them with parents of Cub Scout-age children and with children themselves.

"Parents told me they're having these conversations with their kids, and they felt the videos would help them have a better, richer conversation," Johnson said. "The kids are engaged. ..."



Previous BSA prevention videos featured real people, not animated characters.

"The power and magic of animation, and its ability to communicate with kids — I underestimated it," Johnson said. The videos and related learning materials were developed in 2015-16 by psychologists and other experts recruited by the Barbara Sinatra Children's Center, a nonprofit in California, that specializes in helping children affected by abuse.

Jon Conte, a University of Washington professor emeritus who helped develop the videos, summarized their purpose this way: "Providing children with the knowledge and skills to identify risk situations and to avoid, escape or disclose abuse before it happens or after it happens once."

The videos target two age groups: kindergarten through third grade and fourth through sixth grade. Each series features a boy and girl who talk about experiencing abusive situations — for example, with a neighbor or coach — and explain how they used a set of "Protect Yourself Rules" to avoid harm.

One of the rules, in case of abuse: "Shout, run, tell." Another rule is "Safe touch, unsafe touch" — being wary of anyone touching the child on a part of the body that their bathing suit would cover. "Unsafe touches are scary and confusing, because they can seem playful or gentle," says a character in the video for kindergarteners.

The videos for older children extend beyond sex abuse, addressing bullying, domestic violence and online dangers. The accompanying lesson materials will be required for all Cub Scout units. For example, second-graders at the rank of Wolf would be asked to identify five trusted adults to whom they could report an abuse incident. They'd also be asked to demonstrate how they would say "No" to someone making them uncomfortable.

Within the next year, the Sinatra Center plans to complete animated anti-abuse videos for older youths. Johnson said the Boy Scouts might be interested in using them for its program serving boys and girls aged 11-17.

For more detail, read the full article at:

<https://www.cbsnews.com/dfw/news/boy-scouts-sex-abuse-awareness-animated-videos/>



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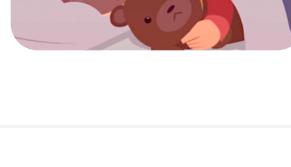
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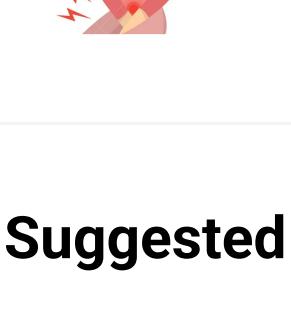
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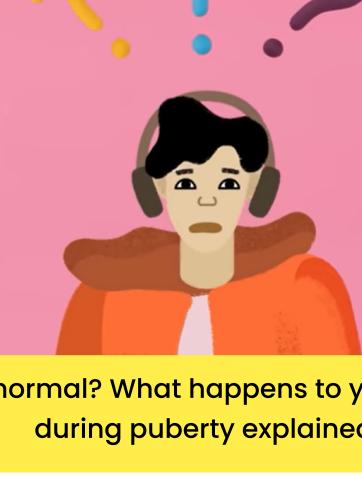
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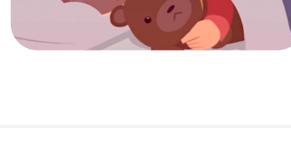
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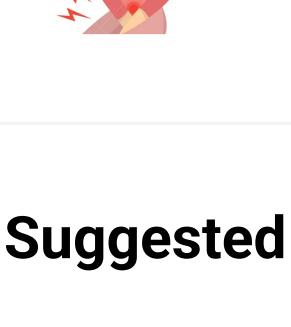
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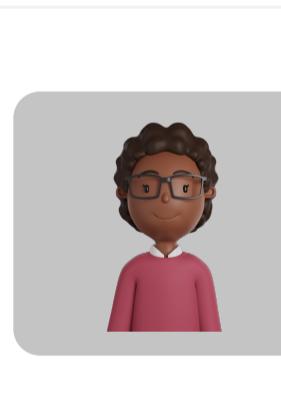
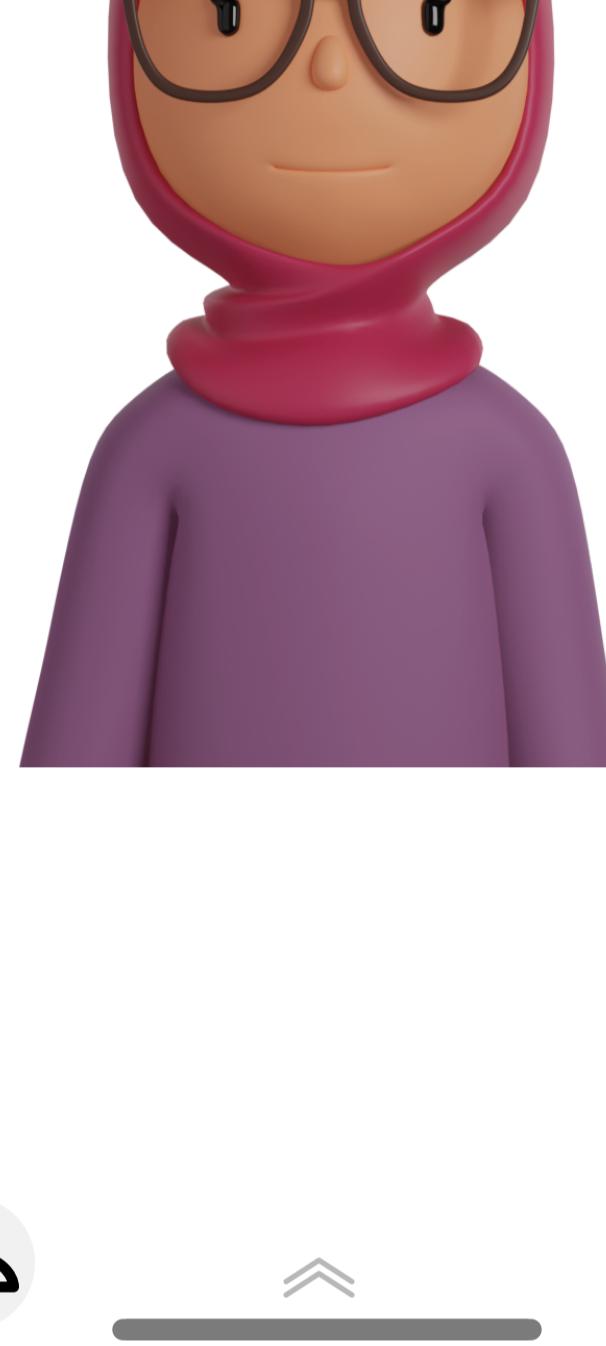
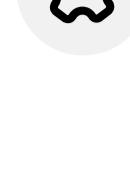
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Feeling OK? Take our diagnostic quiz to be safe!

The diagnostic quiz helps in identifying the cause to rashes, infections, secretions or other symptoms, and suggests any practitioners around you who may be of good help.



Quizzes

Let's see what you have learned, take a short quiz and level up!

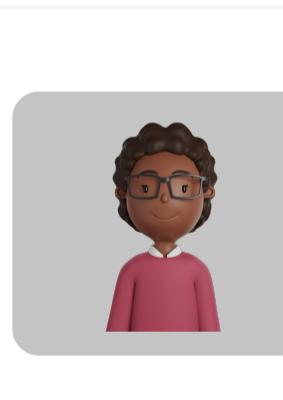
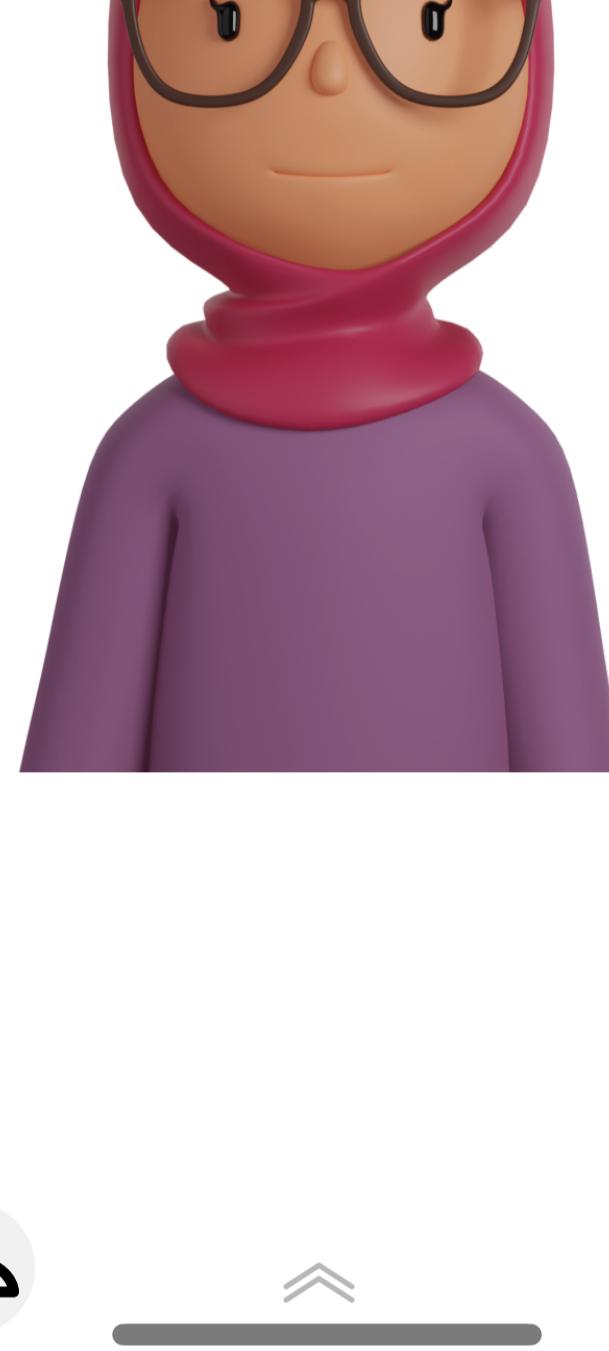
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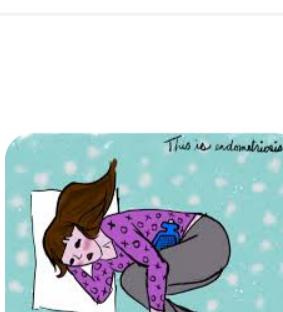
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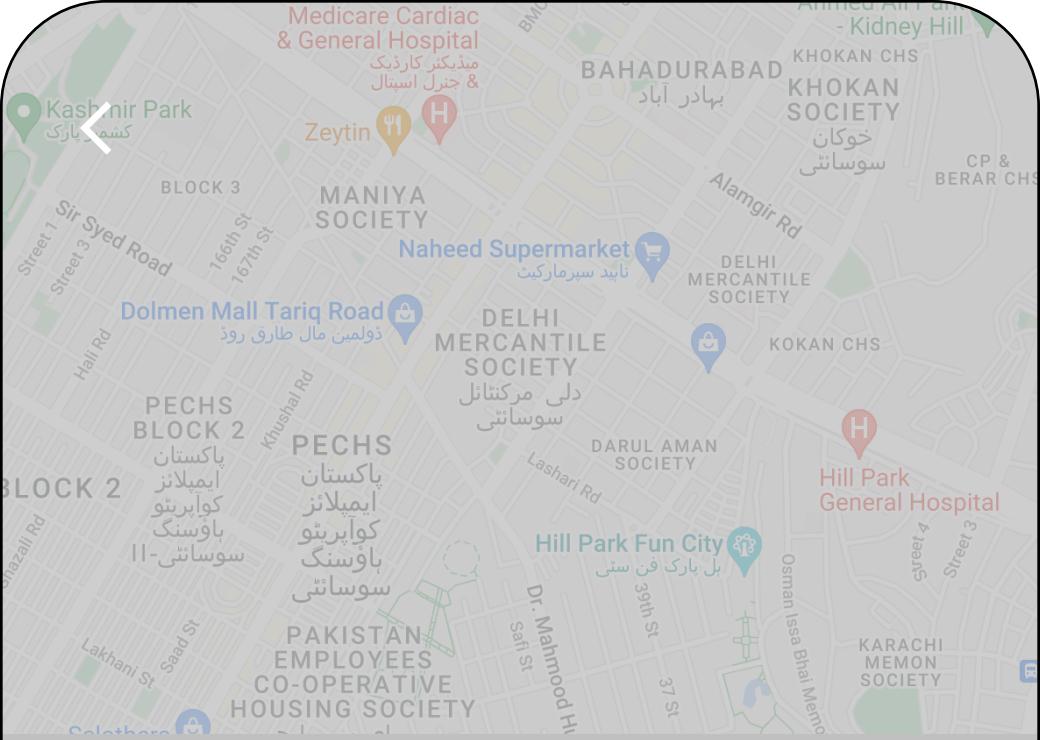
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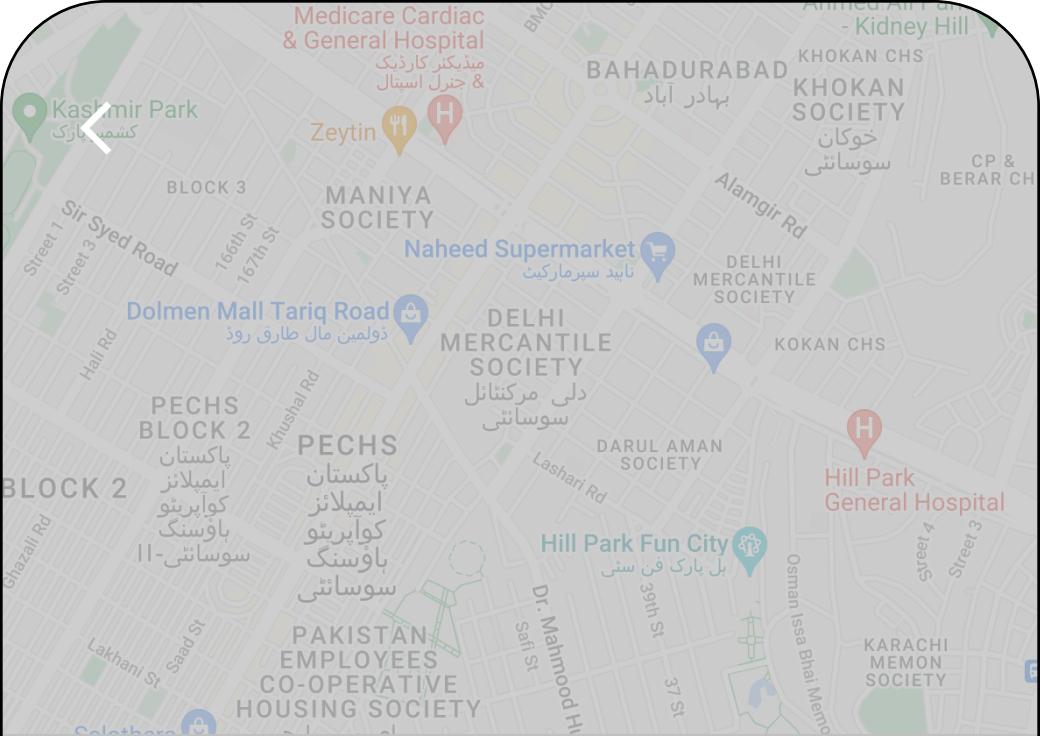
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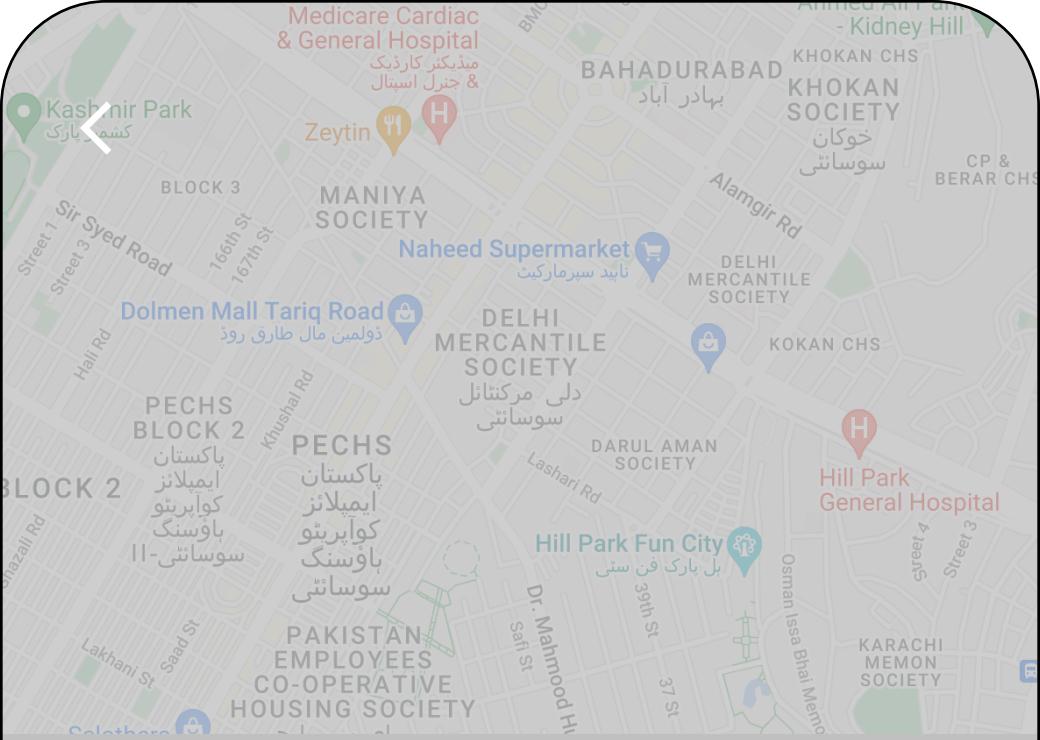
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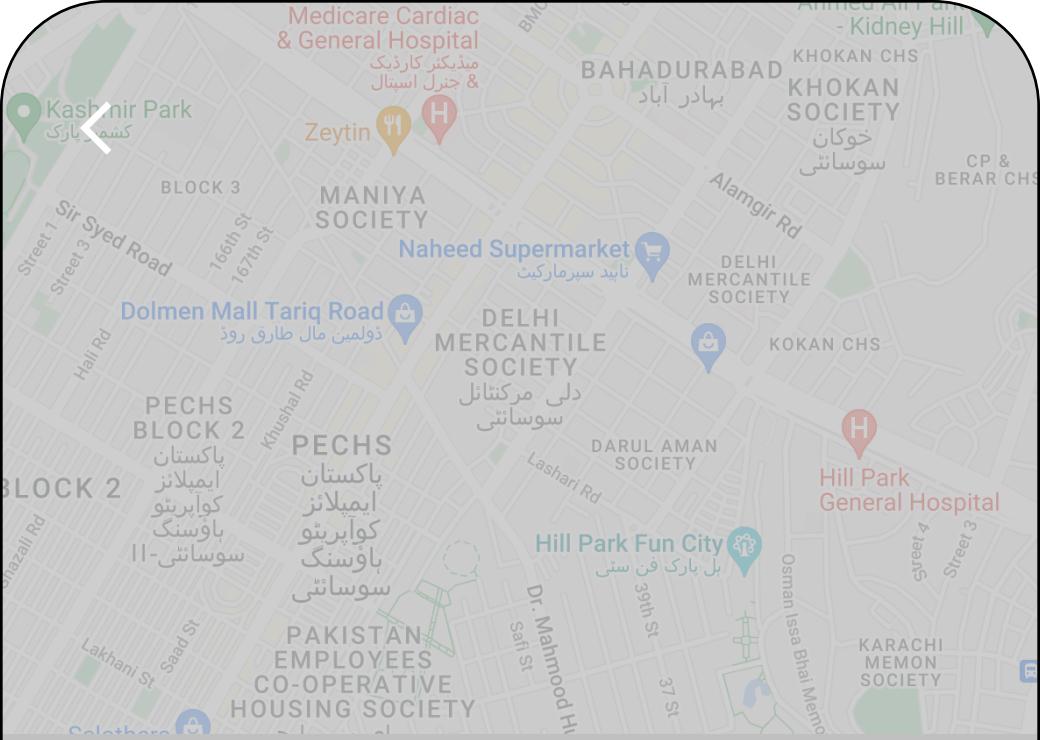
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Usman Saeed



Diagnostics



Suggested Topics for Usman



Parental Controls



Usman Saeed

Diagnostics

According to recent diagnostic tests taken by Usman, he may have **a rash.**

If the symptoms become severe or are long-lasting, it is advised to **take him to a general physician** as soon as possible.

Suggested Doctors

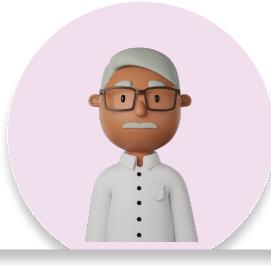


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Gynaecologist

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165/3 St. 11, DMCHS, Karachi



Usman Saeed

Suggested Topics

Based on the results of quizzes taken by Usman, he should brush up on the following topics. The topics are arranged in order of importance.

Personal Hygiene

Male Anatomy



Usman Saeed

Parental Controls

Prohibited Topics

Block Account



Delete Child



Aleem Malik



Diagnostics



Suggested Topics for Aleem



Parental Controls



Aleem Malik

Diagnostics

According to view recent diagnostic tests taken by Aleem, he may have **a Urinary Tract Infection (UTI)**.

If the symptoms become severe or are long-lasting, it is advised to **take him to a general physician** as soon as possible.

Suggested Doctors



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165/3 St. 11, DMCHS, Karachi



Dr. Ahmad Waseem

General Physician

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Saadi Commercial, St. 11, DHA VI , Karachi



Aleem Malik

Suggested Topics

Based on the results of quizzes taken by Aleem, he should brush up on the following topics. The topics are arranged in order of importance

Male Anatomy



Aleem Malik

Parental Controls

Prohibited Topics

Block Account



Delete Child



Hassan Aleem



Diagnostics



Suggested Topics for Usman



Parental Controls



Hassan Aleem

Diagnostics

According to recent diagnostic tests taken by Hassan, he may have **cystic acne**.

If the symptoms become severe or are long-lasting, it is advised to **take him to a general physician** as soon as possible.

Suggested Doctors



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11, DHA VI , Karachi



Hassan Aleem

Suggested Topics

Based on the results of quizzes taken by Aleem, he should brush up on the following topics. The topics are arranged in order of importance.

Consent

Personal Hygiene



Hassan Aleem

Parental Controls

Prohibited Topics

Block Account



Delete Child



Quizzes



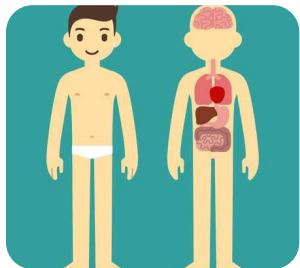
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Puberty

How much do you know about changes that occur in your body as you approach puberty? Take the quiz to find out!

[Take the quiz >](#)



Anatomy

How much do you know about your body? Take the quiz to find out!

[Take the quiz >](#)



Hygiene

Are you taking proper care of your body? Take the following quiz to find out!

[Take the quiz >](#)



Quizzes



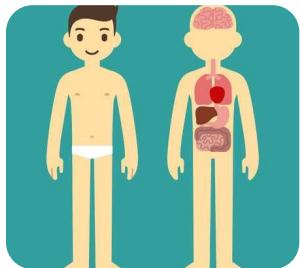
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Puberty

1 / 4

What causes puberty to begin? Your...

Age



Hormones



Maturity



Next >



Puberty

1 / 4

What causes puberty to begin? Your...

Age



Hormones



Maturity



Next >



Puberty

2 / 4

When a boy's voice is
breaking

His vocal cords are growing

It means he talks too much

He has a cold

Next >



Puberty

2 / 4

When a boy's voice is
breaking

His vocal cords are growing



It means he talks too much



He has a cold



Next >



Puberty

3 / 4

A boy can have many
erections each day

True



False



Next >



Puberty

3 / 4

A boy can have many erections each day

True



False



Next >



Puberty

4 / 4

**Everyone starts puberty at
the age of 9**

True



False



Submit



Puberty

4 / 4

**Everyone starts puberty at
the age of 9**

True

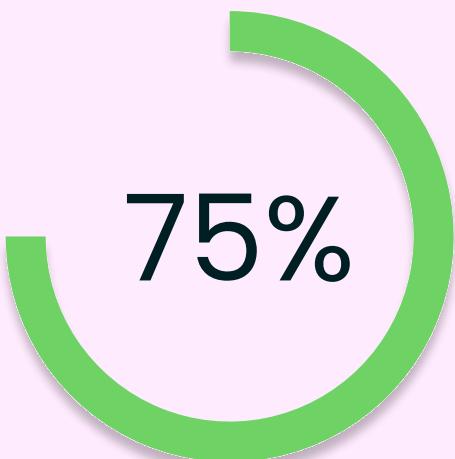


False



Submit

Results



GOOD JOB!

You got 3 out of
4 answers correct

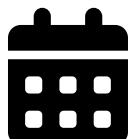
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- Personal Hygiene

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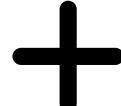
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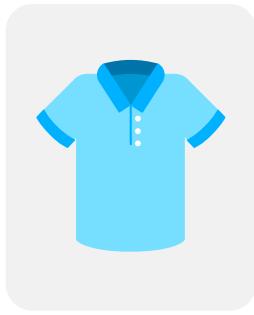
Calendar

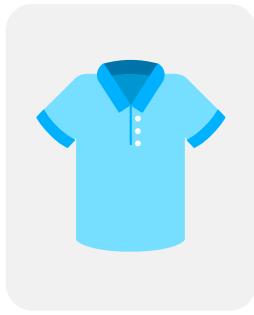


Track



Articles







Anatomy

1 / 4

Where is the vulva?

In the ovaries



At the opening of the uterus



At the base of the penis



Next >



Anatomy

1 / 4

What is the vulva?

In the ovaries



At the opening of the uterus



At the base of the penis



Next >



Anatomy

2 / 4

Which tube transports sperm from the testes?

Vas deferens



Fallopian Tubes



Urethra



Next >



Anatomy

2 / 4

Which tube transports sperm from the testes?

Vas deferens



Fallopian Tubes



Urethra



Next >



Anatomy

3 / 4

A female is born with all her eggs in the ovaries

True



False



Next >



Anatomy

3 / 4

A female is born with all her eggs in the ovaries

True



False



Next >



Anatomy

4 / 4

What is the average length
of the menstrual cycle?

28



40



36



Submit



Anatomy

4 / 4

What is the average length
of the menstrual cycle?

28



40



36



Submit



Results



You can do better !!

You got 1 out of
4 answers correct

You should brush up on:

- Anatomy

Continue







Mensturation

1 / 8

Do you sometimes miss your periods?

Yes

No

Maybe

Next >



Mensturation

1 / 8

Do you sometimes miss your periods?

Yes

No

Maybe

Next >



Mensturation

2 / 8

Do you experience irregular periods?

Yes

No

Maybe

Next >



Mensturation

2 / 8

Do you experience irregular periods?

Yes

No

Maybe

Next >



Mensturation

3 / 8

Describe your period pain on
a scale of 1 to 5

1



5

Next >



Mensturation

3 / 8

Describe your period pain on
a scale of 1 to 5

1



5

Next >



Puberty

4 / 8

Do you experience pain in
your private region?

Yes

No

Maybe

Next >



Puberty

4 / 8

Do you experience pain in
your private region?

Yes

No

Maybe

Next >



Puberty

5 / 8

Do you have a rash in your
private region?

Yes

No

Maybe

Next >



Puberty

5 / 8

Do you have a rash in your private region?

Yes

No

Maybe

Next >



Puberty

6 / 8

Do you have a strong body odour?

Yes

No

Maybe

Next >



Puberty

6 / 8

Do you have a strong body odour?

Yes

No

Maybe

Next >



Hygiene

7 / 8

Did you shave your pubic hair in the last 2 weeks?

Yes

No

Maybe

Next >



Hygiene

7 / 8

Did you shave your pubic hair in the last 2 weeks?

Yes

No

Maybe

Next >



Hygiene

8 / 8

How many times a day do you brush your teeth?

Once

twice

thrice

Submit



Hygiene

8 / 8

How many times a day do you brush your teeth?

Once

twice

thrice

Submit



Results

Completed

Based on your results you are aware of the changes in your body; However, you should meet a doctor for your rash

Suggested Doctors



Dr. Hassan
Dermatologist

[+92-333-123437](tel:+92333123437)

Ganga Ram Hospital



Dr. Ayesha
Dermatologist

[+92-333-123467](tel:+92333123467)

General Hospital

Continue