

**Question-1: What types of wrong ideas grow in the boys' mind?**

Answer: Boys & girls go through various types of physical and mental changes at adolescent age. As they have no prior knowledge about the changes, a lot of questions come in their mind. But they do not find out any satisfactory answer. So, the following wrong ideas grow in their mind-

1. Ejaculation causes impairment of health.
2. Ejaculation removes essential substance of the body.
3. Ejaculation makes body weak.
4. Various types of diseases grow in the body.
5. Only bad boys experience ejaculation.

**Question-2: What types of wrong conceptions grow in the Girls' mind?**

Answer: Since girls have no prior knowledge about the physical and mental changes at adolescent age, a lot of questions come in their mind. But they do not find out any satisfactory answer. So, the following wrong ideas grow in their mind-

1. Bleeding occurs during menstruation is bad blood.
2. This bleeding is the syndrome of diseases.
3. Meat, fish, soups and hot foods are to be avoided when menstruation goes on.
4. It is not proper to do any type of physical work or playing games and sports during menstruation.
5. Foods get spoiled if these are touched at this time.
6. It is not allowed to go out during this period.
7. They feel shy, hesitation and become reluctant to talk during this period.
8. The girls suffer from certain prejudice.

**Question-3: Where the adolescents get ways of help during puberty and what are they?**

Answer: The adolescents get ways of help from the following persons in the ways are as follows:

1. From their parents, guardians and teachers.
2. They should need to discuss the problems with their parents, elder brothers, sisters, guardians and teachers.
3. As a result of this interaction, they will not be confused.
4. At the time of first menstruation, girls will learn from their mothers how to maintain personal cleanliness.
5. Boys will learn from their guardians and teachers how to keep clean after ejaculation.
6. Boys should know how to get beard shaped of using razor, blade and shaving cream etc.
7. Guardians will also provide them with the instruments.
8. Parents will pay special attention to their grown up children so that they will get proper advice.

**Dear Students, now you try to solve the answer following question.**

Question no-1: When the boys and girls go through various physical and mental changes?

Question no-2: Why lot of questions are arising in their mind in puberty time?

Question no-3: Why the adolescents become afraid?

Question no-4: Why the adolescents cannot share the problems with their parents, guardians and teachers?

Question no-5: How the children fall in prey of wrong idea and misleading?

Question no-6: Which is the first signal the symptoms of puberty of the girls?

Question no-7: Which is the first signal the symptoms of puberty of the boys?

Question no-8: Why the adolescents become reluctant to talk anyone about their problem?

Question no-9: Why the children feel comfort to discuss their problems with their friends rather with their parents, guardians and teachers?

Question no-10: Why the children get misleading information and develop wrong ideas arise in them?