GAME TIME!

Myth or Fact?

Thumbs up for **Fact**, thumbs down for **Myth**!

1. Pimples mean you're not keeping clean.
2. Everyone starts puberty at the same age.
3. Feelings can get bigger during puberty.
4. Kids my age need 9 to 12 hours of sleep.
5. Taking care of my body can be a good deed.
6. Getting your period means something is wrong.

THE ANSWERS

How did you do?

1. Myth
Pimples come from extra oil and hormones. Gentle face washing helps, but they're not your fault.

2. Myth
Anywhere from about 8 to 13 is normal. Everyone's on their own schedule!

3. Fact
Hormones make the amygdala extra sensitive, so feelings come in big waves.

4. Fact
Sleep is when a lot of growing happens, and it helps your mood too.

5. Fact
Your body is an amanah. With a good intention, caring for it is ibadah.

6. Myth
A period is a healthy, normal sign that your body is growing up the way Allah designed it.