

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## GROWTH AND DEVELOPMENT: ADOLESCENCE

### VOCABULARY

<b>Adolescence</b>	The stage of life between childhood and adulthood, usually beginning somewhere between the ages of 11 and 15. (pg 154)
<b>Hormones</b>	Chemical substances produced in certain glands that help to regulate the way your body functions (pg. 154)
<b>Endocrine system</b>	Glands throughout the body that regulate body functions. (pg 155)
<b>Metabolism</b>	The process by which the body gets energy from food. (pg 155)
<b>Puberty</b>	The time when you develop certain physical characteristics of adults of your own gender (pg 156)

### DURING ADOLESCENCE YOUR ENTIRE HEALTH TRIANGLE DEVELOPS

#### Physical development: During *puberty* YOU . . .

- experience many physical changes.
- We are all unique. The timing of “Your changing body” . . . occurs at different times for each of us.

#### Average changes

Girls = 2-8 inches between 11 to 14

Boys = 4-12 inches between 13 to 16

- COMPLETE RETEACHING ACTIVITY 22 (pg 4 of your ntbk) Using Figure 6.2 on pg 156 After completing reteaching activity. . .

1. Give one example of how puberty is similar for boys and girls. . .

Hormones, Rapid Growth, Permanent teeth, Acne may appear, Underarm hair, Pubic hair, Perspiration increases (Sweat), external genitals enlarge

2. Give one example of how puberty is different for boys and girls. . .

**Boys** – Shoulders broaden, muscles develop, Sperm production starts, Facial hair, voice deepens.

**Girls** – Breasts develop, hips widen, body fat increases, ovulation occurs, menstruation starts, Uterus and ovaries enlarge

Explain how physical changes of puberty can affect your mental/emotional and social health

Changes make you feel different and you may feel less confident socially, and emotionally your feelings are effected by this. Keep a positive outlook. We are all unique, but we all experience changes at different times – Support each other (Positive social health)

### **Mental development: YOU . . .**

- develop better thinking skills
- learn to solve harder problems
- learn to rely on your values (BELIEFS) to make responsible decisions
- begin to see that other people have views that are not the same as yours
- begin to see that choices can affect your life
- see that your actions have consequences

Give one example of how you feel you have improved thinking skills or learned to solve harder problems from school.

Math – problems become more advanced, build on each other.

English – Continue to read books that are more challenging.

Give one example of a VALUE that helps guide your decisions.

Honesty - Tell the truth; Respect – treat people as you would want to be treated

How can choices you make today affect your life

choices about school Doing my best in school will give me options for a career after school

choices about your peer group Choose friends with a positive influence – we become like those we “hang out” with

choices about drugs Drugs can have tragic effects (even death) and will always keep us from being at our best Physically, Mentally and socially

### **Emotional development: YOU . . .**

- want to be liked by peers
- may experience mood swings caused by hormones in your body
- learn to manage and express your feelings

#### **ANALYZING the INFLUENCES on emotional health**

“It’s important to recognize feelings you are having and know that they effect how you act. When you feel like your emotions are out of control, stop. Name the emotion you are feeling. Ask yourself why you feel that way.”

Below: List emotions and feelings you have. Write a sentence about how each emotion makes you act.

**Choose one (put a star next to it), answer the following questions based on this emotion**

Is this a feeling that needs to be controlled? Why or why not? \_\_\_\_\_

\_\_\_\_\_

What are some appropriate ways to express this feeling? \_\_\_\_\_

\_\_\_\_\_

What are some inappropriate expressions of this emotion? \_\_\_\_\_

\_\_\_\_\_

How can you avoid these inappropriate expressions? \_\_\_\_\_

\_\_\_\_\_

### **Social development:**

- learn about yourself and other people
- find out and continue to shape who you are as a person
- begin to find out what is important to you. (VALUES – begin to help shape you)

“Teens grow and mature at different rates. This may effect personal health”

HOW should you handle these differences in how everyone matures?

Sample ideas to keep in mind =

To others - RESPECT, UNDERSTANDING,SUPPORT

Ourselves – Remember everyone faces challenges, keep a positive attitude, do your best, talk to an adult (parent) you can trust to get support