Changes During Adolescence

Guide to Reading

- **Building Vocabulary**
  Write definitions of the vocabulary terms below in your own words. As you read the lesson, revise or add to your definitions.
  - adolescence (p. 364)
  - puberty (p. 365)

- **Focusing on the Main Ideas**
  In this lesson, you will learn to
  - **identify** the physical, mental, emotional, and social changes that occur during adolescence.
  - **describe** healthy ways of expressing your emotions.
  - **develop** ways to manage strong emotions.

- **Reading Strategy**
  **Predicting** Skim the headings, photos, and captions in this lesson. Write down three pieces of information you think will be covered in this lesson.

  **FOLDABLES™** Study Organizer
  Use the Foldable™ on p. 363 as you read this lesson.

Quick Write

Make a list of four ways that you are different now than you were five years ago.

What Happens During Adolescence?

You grew rapidly as a child. You got taller, you outgrew your clothing and shoes, and before you knew it, you were almost a teen.

During your teen years, your body will continue to grow and change. So will your interests. This is a normal part of adolescence, the stage of life between childhood and adulthood, usually beginning somewhere between the ages of 11 and 15. During adolescence, you experience many physical, mental, emotional, and social changes. These changes prepare you to be an adult.

- Many people become more interested in sports during the teen years. *Which activities that you enjoy now do you think you will enjoy throughout your life?*

Define **What is adolescence?**
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- Define What is adolescence?
Physical Growth

Gary has grown taller and speaks in a deeper voice than he used to. These physical changes are a sign that he is going through the development stage called puberty. **Puberty** is the time when you develop physical characteristics of adults of your own gender. During puberty, males' and females' bodies begin to change. These changes are a normal part of becoming a healthy adult. **Figure 12.1** describes how male and female bodies change during puberty.

Teens go through puberty at different rates. Your body may change faster or slower than your friends' and peers' bodies. Most females start puberty between the ages of 8 and 13. Most males start between the ages of 9 and 14.

With so many changes happening at different times for different people, teens can vary widely in shape and size. You don’t need to be worried about these differences. Accept them; that’s how puberty is. You may be developing physically at a different rate than your friends and peers, but just remember that all teens are going through similar mental, emotional, and social changes.

**Figure 12.1**

**Your Changing Body**

Your body goes through many physical changes during puberty. **What is one change that happens to both males and females during puberty?**

**Males**

- Male hormone production increases.
- Sudden, rapid growth occurs.
- All permanent teeth come into place.
- Acne may appear.
- Underarm hair appears.
- Pubic hair appears.
- Perspiration increases.
- External genitals grow.
- Shoulders broaden.
- Muscles develop.
- Sperm production starts.
- Facial hair appears.
- Larynx gets larger, and voice deepens.

**Females**

- Female hormone production increases.
- Sudden, rapid growth occurs.
- All permanent teeth come into place.
- Acne may appear.
- Underarm hair appears.
- Pubic hair appears.
- Perspiration increases.
- External genitals grow.
- Breasts develop.
- Hips become wider.
- Body fat increases
- Ovulation occurs.
- Menstruation starts.
Try not to compare yourself with other teens. If a person hasn’t started growing or is not going through the same stage that you are, there is nothing wrong with him or her, or you. Every teen develops at a rate that is just right for him or her.

**Mental Growth**

It’s not just your body that changes during adolescence. You also change mentally and emotionally. That’s partly because as your brain grows, its ability increases to do complex reasoning and problem solving. You learn to be more responsible for your actions. You begin to make more decisions on your own and see the consequences of those decisions.

You start to think in a more complex way during adolescence. Soon, your opinions about social issues and politics may start to change. That’s because you start to understand that many questions don’t have simple answers. Also, you begin to see that other people have different points of view from your own. You start to make decisions based on your values and beliefs. Like the physical changes that teens experience, these mental, emotional, and social changes happen at different rates, too.

**Reading Check**

Describe: What two tasks does the brain become more capable of performing during adolescence?

\[\text{Friends become very important during adolescence. How do friendships in adolescence differ from friendships in childhood?}\]
Emotional Growth

Carlos is acting a little different these days. He gets mad at his mother very quickly and doesn't want to listen to her. Carlos' mother doesn't get too upset, though. She knows that this behavior is normal for people during adolescence.

Like Carlos, you will likely experience a lot of emotional changes during adolescence. You might start to feel differently about your peers, your parents, and other adults. You might become closer to your friends and feel less connected to your parents. In time, you may begin to experience a physical attraction toward another person. Being attracted to someone and feeling close to him or her emotionally is an important part of healthy adult relationships. All these new feelings, however, can be difficult to handle. Just know that as you mature, you will learn to manage your emotions in a positive way.

Expressing Emotions

During adolescence, you may feel many different emotions in a short period of time. For example, in one day, you may feel angry, sad, happy, scared, and excited. You don't need to worry because mood swings like this are a normal part of adolescence.

When you try to manage many strong feelings at once, it can feel overwhelming. You might feel like lashing out at others or keeping your feelings hidden. Neither of these approaches is the best way to handle strong emotions.

Instead, you need some healthy ways to express your feelings. There are many ways to do this. You can write, draw, or play music. Some people think about their problems while exercising or participating in a hobby. You can also get help by talking with your friends, a sibling, your parents, a counselor, or another adult you trust.

Talking to someone you trust can help you cope with strong feelings. What are two other healthful ways to express your emotions?
Health Skills Activity

**Stress Management**

**Managing Anger**

You're very focused studying for an important math test. Then your younger sister interrupts you with questions about her homework. An interruption is the last thing you need right now. You feel angry, but you know that yelling at your sister isn't likely to make you feel better. When you're feeling a strong emotion such as anger or frustration, it can be hard to know how to react.

One thing you can always do when you feel really angry is to take a moment to cool off. In your mind, try making a list of what makes you angry. The math test and interruptions might be at the top of the list right now. Then think about what other factors might be stressing you out enough to make you angry. Make a plan to relieve some of those stresses. It often helps to deal with your problems one at a time.

**On Your Own**

Create a list of situations that make you angry. Then think about some ways to relieve stress in your life. Make a weekly plan that helps keep you better prepared to handle problems without getting angry.

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**Social Growth**

Adolescence is a time to find out more about yourself and those around you. Many teens participate in different social activities such as volunteer groups, sports teams, or special-interest clubs. Do any of these interest you? Your interests have changed since you were a child. They may change again as you become an adult.

The social growth experienced as a teen is very important. It can help you find your place in society. The social connections that you make as a teen can help you develop friendships, find job opportunities, and get emotional support. These connections also shape your values and help you discover who you are.

During adolescence, you may begin spending more time with friends. Friends can influence many of the decisions you make as a teen. It is important to choose friends that will support and influence you in a positive way. This will help you make good choices during your teen years.

**Reading Check**

List Name three types of social organizations available to teens.
What’s important to you? Being involved in social activities can help you answer this question. **What activities might help you develop socially?**

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**Lesson 1 Review**

**After You Read**

*Review this lesson for new terms, major headings, and Reading Checks.*

**What I Learned**

1. **Identify** Name three ways that females’ and males’ bodies change during puberty.

2. **Vocabulary** Define *puberty*.

3. **Give Examples** Give three examples of how to express strong emotions in a healthy way.

4. **Identify** Identify two ways teens grow emotionally during adolescence.

**Thinking Critically**

5. **Analyze** How can after-school activities help you discover who you will be as an adult?

6. **Analyze** Teens face a lot of challenges. Which do you think are hardest, and why?

**Applying Health Skills**

7. **Practicing Healthful Behaviors** Travis has been having trouble in math class. To relieve stress, he often goes running in his neighborhood. He has considered joining the track team, but he worries that he isn’t fast enough. He also doesn’t have a lot of extra time. Travis knows that the members of the track team often help each other with their homework. What advice would you give Travis? Explain your reasoning.

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**Health Online**

Visit [health.glencoe.com](http://health.glencoe.com) and complete the Interactive Study Guide for Lesson 1.