

## **Objectives:**

1. Describe the physical changes that characterize adolescence.
2. Describe research related to the sexual attitudes and roles of adolescents.

## **I. Introduction**

- A. \_\_\_\_\_ is the transition period between childhood and adulthood, and while we all have an idea about what adolescence is, defining it precisely is difficult.
- B. Some define it in psychological terms: a time period of mixed abilities and responsibilities in which \_\_\_\_\_ behavior changes to \_\_\_\_\_ behavior.
- C. In some \_\_\_\_\_, adolescence is not recognized as a separate stage of life.
- D. In our own society, however, adolescence is looked upon as a time of \_\_\_\_\_ for adult responsibilities (Hall, 1904).
- E. There are many \_\_\_\_\_, or rites of passage, that mark admission into adulthood. Some of these are \_\_\_\_\_, while others are \_\_\_\_\_ or \_\_\_\_\_ expectations.

## **II. Theories of Adolescence**

- A. Psychologists disagree about the \_\_\_\_\_ of adolescence.
1. \_\_\_\_\_ saw the adolescent as representing a transitional stage in our evolutionary development from beast to human.
  2. \_\_\_\_\_, however, found that in some cultures, adolescence is a highly enjoyable time of life and not at all marked by storm and stress. Mead suggested culture plays a role in development. Studies have shown that while adolescence is a difficult time, few adolescents have serious difficulties.
- B. Great physical, mental, and emotional changes occur during adolescence. \_\_\_\_\_ identified many challenges adolescent's face:
1. Their \_\_\_\_\_ appearance and \_\_\_\_\_.
  2. Becoming emotionally \_\_\_\_\_ of their parents.
  3. Preparing to \_\_\_\_\_ a living.
  4. Preparing for \_\_\_\_\_ and/or \_\_\_\_\_ of their own.

### III. Physical Development

- A. Sexual maturation, or \_\_\_\_\_, is the biological event that marks the end of \_\_\_\_\_. Puberty, on average, occurs around age \_\_\_\_\_ but can occur at an earlier age in some children.
- B. Just before puberty, boys and girls will experience a \_\_\_\_\_ which is a rapid increase in weight and height. This typically will occur in \_\_\_\_\_ between the ages of 10 and 14 and in \_\_\_\_\_ between the ages of 11 and 16.
- C. Female Development:
1. Once their growth spurt begins, females can grow as much as \_\_\_\_\_ to \_\_\_\_\_ inches a year.
  2. During this growth spurt, a girl's \_\_\_\_\_ and \_\_\_\_\_ begin to fill out, and she develops pubic hair.
  3. Between 10 and 17—often between 12 and 13—she has her first menstrual period, or \_\_\_\_\_.
  4. Most \_\_\_\_\_ consider menarche the beginning of womanhood.
- D. Male Development:
1. A boy's growth spurt tends to begin \_\_\_\_\_ to \_\_\_\_\_ months later than that of girls.
  2. Boys develop more \_\_\_\_\_ and larger \_\_\_\_\_ and \_\_\_\_\_ than girls.
  3. Boys \_\_\_\_\_ will deepen.
  4. At about 12, boys begin to develop pubic hair and larger \_\_\_\_\_.
  5. Normally, between 12 and 13 they achieve their first ejaculation, or \_\_\_\_\_.
  6. The \_\_\_\_\_ and \_\_\_\_\_ of sexual maturation varies so widely that it is difficult to apply norms or standards to puberty.
- E. In both boys and girls, parts of the body may grow at different rates. This is called \_\_\_\_\_. Example: hands and feet may become too large for the body until the rest of the body "catches-up". This may cause "clumsiness" during the teen years.
- F. These sudden changes in the body can make adolescents feel \_\_\_\_\_ - \_\_\_\_\_, particularly if they are early or late to develop.
- G. Individual differences in growth affect \_\_\_\_\_. Research has shown that boys who mature early have an advantage. Early developing boys tend to be more self-confident and \_\_\_\_\_ than other boys. Girls who mature early often feel embarrassed about their bodies, but in their late teens they tend to be more \_\_\_\_\_ - \_\_\_\_\_ than girls who mature late.

- H. The psychological effects of physical growth may lead to a \_\_\_\_\_.  
For example, the boy or girl who does not feel he/she meets their cultural norms of physical ideals may think less of themselves and not pursue success as aggressively as one who is confident of their appearance. Thus, the fear of their appearance causes them to bring upon the failure they expect.

#### **IV. Sexual Development**

- A. As mentioned earlier, adolescence is accompanied by puberty, which is when individuals mature sexually. The physical changes are accompanied by changes in \_\_\_\_\_. Adolescence is also the time when individuals begin to develop attitudes about \_\_\_\_\_ and the \_\_\_\_\_ role he/she will fill. A person's \_\_\_\_\_ plays a major role in developing attitudes on things like \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ activity.
- B. As people tend to wait until later in life for things like marriage and childbirth, \_\_\_\_\_ on topics such as sexually transmitted diseases, contraception, unexpected pregnancies, and personal care and responsibility becomes more important.