

Lesson Number	Title of the Lesson	Skills	Activity
20	Adolescence	Creative thinking Decision Making	Talk to your Peers and identify five areas of disagreements that adolescents generally have with their parents. Note them down and discuss with your parents. Explain them your point of view
		Problem solving Critical Thinking	

Summary:

The period between childhood and adulthood is called Adolescence. WHO defines Adolescents as people within the age group of 10-19 years. These years are very eventful. During these years there is rapid physical, mental and sexual growth and maturation. The onset of Puberty marks the beginning of adolescence. Puberty begins at 11/12 years of age and usually lasts for two years. During these years there is a spurt in physical growth and appearance of sex characteristics. The first sign of puberty in girls is Menstruation and in boys' Nocturnal emissions. Although the overall sequence of physical and sexual growth as well as maturity are comparable in boys and girls. Still, it is seen that girls attain adult height, weight and ability to bear children two years earlier than boys. Like in other stages in adolescence also there are individual variations in development. Some mature early while some mature late. It's an age of paradox. Children demand independence from parents but are still dependent on them for their needs. Adolescents suffer many socio-emotional issues. This is a phase where adults must deal with them with a lot of patience, maturity and love. This will help them to become self –confident and would enhance their self-esteem.

Principal Points

Physical Changes During Adolescence

Girls	Boys
• Gains height about 8 cm in 11 to 13 years	• Gains height about 20 cm between 13 to 15 years
• Develop more fatty and subcutaneous tissue	• Develop lot of muscle
• Shoulders are slender, hips broaden and get rounded	• Shoulders broaden while hip remains slender
• Hair growth in arm pits & pubic area	• Hair on body, facial hair
• Voice becomes shrill	• Larynx enlarges, voice breaks and becomes squeaky
• Appearance of breast buds	• Increase in the size of the penis
• Onset of menarche	• Nocturnal emission

Build your understanding

1. Characteristics of Socio-emotional Development during Adolescence

- Mood Swings
- Enjoy the company of Peers

- Group conformity

2. Characteristics of Language Development

- Language becomes fluent
- Usage of Complex sentences
- Vocabulary increases manifold
- Use of slang and short forms in sentences

3. Characteristics of Cognitive Development

- Abstract thinking develops
- Imagination improves
- Able to think contrary to facts/ideas
- Decision making improves
- Thinking becomes more mature and systematic

What is Important to Know

1. Parenting styles and their Influences

- **Parents who give more freedom:** Take interest in the activities of their child: Encourage independence and responsible behavior.
- **Parents who are very strict:** Are very rigid. Give punitive punishments. Do not allow independent decisions
- **Parents who are indifferent:** Do not interact: Do not help to overcome problems

2. Role of Peers

- Understand each other's conflicts and problems
- Understand each other more than parents
- Provides opportunities for interaction with opposite sex
- Help in adhering to peer culture
- They can pressurize to indulge in activities like smoking, drugs or lifting things

3. Role of School and Teachers

- Teaches academic and social skills
- Helps to realize the potential
- Develop confidence
- Provide opportunities for physical growth and development
- Provide motivation and stimulation
- Helps to bridge the generation gap between parents and adolescents

Did you know

1. Developmental Tasks during Adolescence

- Acceptance of one's physique and using it effectively
- Achieving mature relationships with age-mates of both sexes
- Achieving a Masculine/Feminine social role
- Achieving emotional independence from parents and other adults
- Achieving a set of values /ideology

- Preparing for a career
- Prepare for marriage and family

2. Typical Characteristics of Adolescents

- Preoccupation with looks and bodies
- Follow peer group culture
- Intense feeling of 'love' and attraction for opposite sex members
- Idealistic
- Rebellious
- Experience Mood swings
- Identity formation

3. Problems during Adolescence

- Eating disorders
- Suicidal tendencies
- Peer pressure
- Personal problems related to body
- Biological problems
- Teenage pregnancy
- Identity confusion

Extend your Horizon

Influence of Maturation on Adolescents

Early maturation	Late maturation
Self-conscious	Feels inferior
Get more attention from peers	Gets less attention from peers

Evaluate yourself

- How can parents enhance the self- confidence of adolescents?
- Why is teenage pregnancy not advisable?

Maximize your marks:

- Attempt all the exercises given in the lesson
- Have you ever experienced Peer pressure? Give two situations of the same