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Adolescence: A Stage of Growth and Change

Chapter Notes:

1. Stages of Life in Humans:

Infancy → Childhood → Adolescence → Adulthood → Old Age

2. Physical Changes:

- Increase in height and weight
- Broadened shoulders in boys; development of breasts in girls
- Growth of body and facial hair
- Development of Adam's apple in boys (change in voice)
- Appearance of pimples (acne)
- Onset of menstruation in girls

3. Secondary Sexual Characteristics:

- Features that distinguish males and females but are not directly related to reproduction (e.g., voice change, facial hair, breast development)

4. Puberty:

- Stage where the body becomes capable of reproduction
- Triggered by hormones

5. Emotional and Behavioral Changes:

- Mood swings
- Increased sensitivity
- Strong emotions
- Curiosity and need for self-expression

6. Healthy Lifestyle Tips:

- Balanced diet rich in proteins, iron, vitamins
- Proper hygiene (especially menstrual hygiene)
- Regular physical exercise
- Avoiding harmful substances (tobacco, alcohol, drugs)
- Responsible use of social media

7. Government Initiatives:

- Menstrual Hygiene Scheme (MHS)
- Rashtriya Kishor Swasthya Karyakram (RKSK)
- Suvidha Sanitary Napkin Initiative
- Nasha Mukh Bharat Abhiyaan

Fill in the blanks

1. The period of adolescence usually ranges from _____ years.
2. The onset of _____ is marked by physical and emotional changes.
3. _____ appears due to increased oily secretions.
4. The menstrual cycle usually occurs every _____ days.
5. Hormones are produced in response to signals from the _____.
6. Changes not related to reproduction are called _____ characteristics.
7. _____ is a bump in the throat seen in boys.
8. Vitamin _____ is important for blood and nerve functions.

Multiple Choice Questions (MCQs)

1. Adolescence typically begins at the age of:
(a) 5 years (b) 10 years
(c) 20 years (d) 15 years
2. Which of the following is a secondary sexual characteristic?
(a) Production of eggs (b) Growth of facial hair
(c) Menstruation (d) Fertilization
3. Menstruation in girls usually lasts for:
(a) 1–2 days (b) 3–7 days
(c) 10–15 days (d) One full month
4. Which hormone controls changes in adolescents?
(a) Insulin (b) Estrogen
(c) Hormones in general (d) Vitamin D
5. The sanitary pad disposal method involves:
(a) Throwing in open (b) Burning openly
(c) Flushing in toilet (d) Wrapping in newspaper & putting in dustbin

True or False

1. Adolescence is only about physical growth.
2. Acne in teens is caused by hormonal changes.
3. Boys and girls undergo the same physical changes during adolescence.
4. Hormones control most changes in adolescence.
5. Menstruation stops by age 20.
6. Puberty and adolescence begin at the same age for everyone.
7. Proper hygiene can help prevent infections.
8. Cyberbullying is a form of digital harassment.

Answer the given Questions

Q1. What is adolescence? Why is it considered an important stage of life?

Ans: _____

Q2. What is puberty? How is it related to adolescence?

Ans: _____

Q3. What are hormones? How do they affect adolescents?

Ans: _____

Q4. List three emotional or behavioral changes observed during adolescence.

Ans: _____

Q5. Why do some adolescents get pimples or acne?

Ans: _____

More Questions

Q1. Why is personal hygiene especially important during adolescence?

Ans: _____

Q2. Name some nutrients adolescents require and explain their importance.

Ans: _____

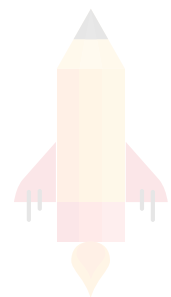
Q3. What are the harmful effects of using substances like tobacco or alcohol during adolescence?

Ans: _____

Q4. How can adolescents handle peer pressure to use harmful substances?

Ans: _____

One Point Learning



One Point Learning

Answers

Fill in the Blanks

1. 10 to 19
2. puberty
3. Acne
4. 28–30
5. brain
6. secondary sexual
7. Adam's apple
8. B12

Multiple Choice Questions (MCQs)

1. (b) 10 years
2. (b) Growth of facial hair
3. (b) 3–7 days
4. (c) Hormones in general
5. (d) Wrapping in newspaper & putting in dustbin

True or False

1. → False
2. → True
3. → False
4. → True
5. → False
6. → False
7. → True
8. → True

Answer the given Questions

Q1. Ans: Adolescence is the stage of life between childhood and adulthood, usually between the ages of 10 and 19. It is important because the body undergoes several physical, emotional, and hormonal changes during this time, preparing it for adulthood and reproductive capability.

Q2. Ans: Puberty is the phase during adolescence when the body becomes capable of reproduction. It includes both internal and external changes such as development of reproductive organs, menstrual cycle in girls, and voice change in boys.

Q3. Ans: Hormones are chemical substances produced by glands in our body that control various functions, including growth and development. During adolescence, hormones trigger changes such as height increase, development of secondary sexual characteristics, mood swings, and behavioral changes.

Q4. Ans: Mood swings, Increased sensitivity and self-consciousness, Stronger emotional responses like anger, excitement, or sadness

Q5. Ans: During adolescence, hormonal changes increase the production of oil in the skin. This can clog skin pores and cause bacterial infections, leading to pimples or acne.

Extra Question

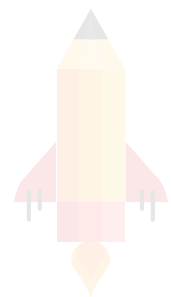
Q7. Ans: Adolescents sweat more and produce more body oils, which can cause body odor and skin issues. Maintaining hygiene helps prevent infections and promotes confidence and health.

Q8. Ans:

- Proteins: Help in growth and tissue repair
- Iron: Prevents anemia and supports blood formation
- Calcium: Strengthens bones and teeth
- Vitamins: Boost immunity and maintain organ function

Q9. Ans:

- Substances like tobacco, gutka, or alcohol can cause:
- Lung and liver damage



One Point Learning

- Memory loss
- Addiction
- Poor academic and physical performance

Q10. Ans:

They should:

- Learn to say “No” confidently
- Stay away from negative peer groups
- Seek support from parents, teachers, or counselors
- Engage in healthy hobbies and physical activities

