

Adolescence, Puberty and its changes

A. Choose the correct answer:

1. Adolescence is the period between:

- a) Childhood and adulthood
- b) Infancy and childhood
- c) Adulthood and old age
- d) Birth and infancy

2. Which of the following is not a change that occurs during puberty?

- a) Growth of facial hair in boys
- b) Deepening of voice
- c) Learning to walk
- d) Development of breasts in girls

3. Which hormone is responsible for changes in girls during puberty?

- a) Testosterone
- b) Estrogen
- c) Insulin
- d) Adrenaline

B. Fill in the Blanks:

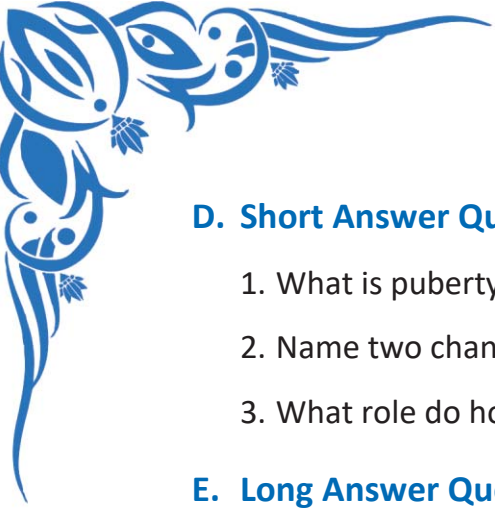
1. The stage of life when the body undergoes physical and emotional changes is called _____.
2. The hormone _____ is responsible for the development of secondary sexual characters in boys.
3. Girls usually enter puberty between the ages of _____ and _____ years.

C. Case Study:

Priya, a 13-year-old girl, noticed that her voice was changing slightly and she was experiencing mood swings and rapid growth in height. Her teacher explained that these were normal changes that occur during adolescence and are controlled by hormones.

Case Study Questions:

1. What stage of life is Priya experiencing?
2. What causes the physical and emotional changes in adolescence?
3. Mention two changes girls experience during puberty.
4. Why is it important to understand the changes during adolescence?



D. Short Answer Questions:

1. What is puberty?
2. Name two changes that occur in boys and two in girls during adolescence.
3. What role do hormones play during puberty?

E. Long Answer Questions:

1. Explain the physical, emotional, and hormonal changes that occur during puberty.
2. Describe how adolescence is an important stage in human development.
3. How can adolescents take care of their physical and emotional health during this stage?