



Reproductive and Emotional Changes in Adolescence

A. Fill in the Blanks

Complete each sentence with the correct term from the word bank.

testosterone endocrine adolescence menstruation menarche

1. The period of transition from childhood to adulthood is called _____.
2. The main male sex hormone responsible for many changes in puberty is _____.
3. The monthly shedding of the lining of the uterus is known as _____.
4. The onset of the first menstrual period in girls is called _____.
5. Hormones are produced by glands that are part of the _____ system.

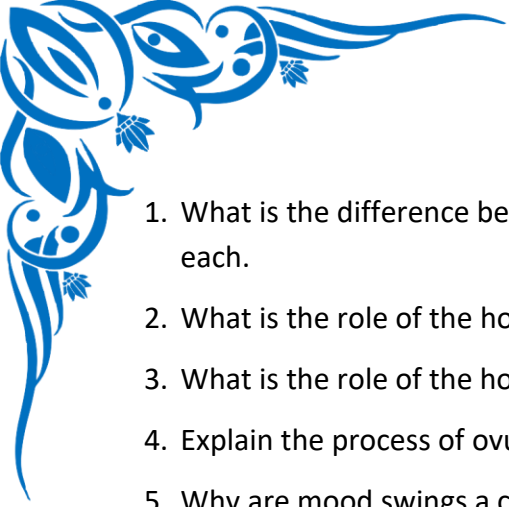
B. Match the Following;

Match the physical change term in Column A with its correct description in Column B.

Column A	Column B
1. Estrogen	A. The voice box, which grows and causes the voice to deepen in males.
2. Ovulation	B. The main female hormone responsible for changes like breast development..
3. Larynx	C. A social group of people with similar interests, age, or background..
4. Acne	D. The process of releasing a mature egg from an ovary each month..
5. Peer Group	E. A skin condition caused by clogged oil glands, common in puberty.
6. Menstruation	F. The monthly discharge of blood and tissue from the uterus..

C. Practice Problems

Answer the following questions in 2-3 sentences.



1. What is the difference between primary and secondary sexual characteristics? Give one example of each.
2. What is the role of the hormone testosterone in males during puberty?
3. What is the role of the hormone estrogen in females during puberty?
4. Explain the process of ovulation.
5. Why are mood swings a common emotional change during adolescence?
6. Describe two physical changes that are common to both boys and girls during puberty.
7. What is peer pressure and why can it be challenging during adolescence?
8. Explain why acne (pimples) often becomes more common during puberty.
9. What is happening in the body when a boy's voice "cracks" and deepens?
10. Why is it important to develop healthy ways to cope with stress and new emotions?

D. Warm-up Questions

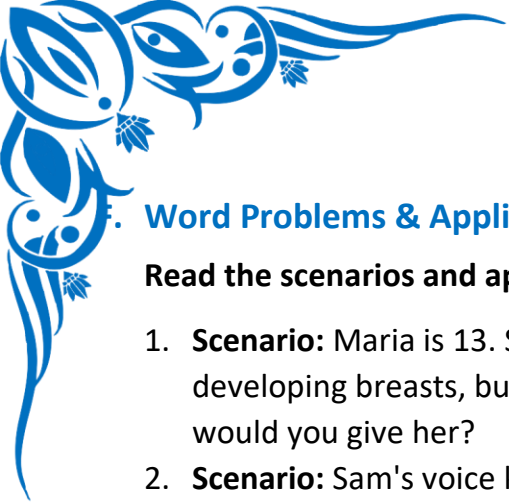
Answer the following questions with a short sentence.

1. What is the general term for the period of growth and change between childhood and adulthood?
2. Name one physical change that typically occurs in boys during puberty.
3. Name one physical change that typically occurs in girls during puberty.
4. What is the common term for the first menstrual period a girl experiences?
5. Why is it important to practice good personal hygiene during adolescence?

E. Challenge Questions

Think critically and answer the following questions in detail.

1. How do the endocrine system (hormones) and the nervous system (brain) work together to start puberty?
2. Explain the relationship between ovulation and menstruation. If an egg is not fertilized, what happens next?
3. An adolescent might feel both excited about gaining independence and anxious about new responsibilities. Why do these conflicting emotions often occur at the same time?
4. A friend says, "Puberty is just a physical process". Argue for or against this statement using what you have learned about emotional and social changes.
5. How can understanding the changes of adolescence help a person build stronger relationships with their family and friends?



F. Word Problems & Application

Read the scenarios and apply your knowledge to answer the questions.

1. **Scenario:** Maria is 13. She notices that some of her friends have started their periods and are developing breasts, but she hasn't yet. She feels worried and left out. What scientific advice would you give her?
2. **Scenario:** Sam's voice keeps "cracking" in the middle of sentences, and he finds it embarrassing. Explain to Sam what is scientifically happening to his voice box (larynx).
3. **Scenario:** A student feels overwhelmed by schoolwork, arguments with friends, and feeling self-conscious about their changing body. What are two healthy and constructive ways they could manage these feelings?
4. **Scenario:** A health teacher is talking to a class of 7th graders. Why would the teacher emphasize the importance of using deodorant and washing your face more for this age group than for a class of 3rd graders?
5. **Scenario:** A group of friends is daring someone to skip class. The person feels torn between wanting to fit in and knowing it's wrong. What is this an example of, and why is it important to think for oneself during adolescence?

G. True or False

1. Puberty starts at the exact same age for every single person. _____
2. Only boys experience the growth of underarm and pubic hair during puberty. _____
3. Mood swings are caused only by a lack of sleep and have nothing to do with hormones. _____
4. The production of sperm begins during puberty in males. _____
5. The widening of the hips in females is considered a primary sexual characteristic. _____