

Reaching the Age of Adolescence

Adolescence and Puberty

ADOLESCENCE

- The period of life, when the our body undergoes changes, leading to reproductive maturity, is called adolescence.

OR

- The period of transition from childhood to adulthood is called adolescence.
- Adolescence begins around the age of 11 and lasts up to 18 to 19 years of age.
- This period covers the 'teens' (13 to 18 or 19 years of age), adolescents are also called 'teenagers.'

PUBERTY

The start of the time when a boy is biologically ready to become a father, and a girl is biologically ready to become a mother.

1. What is adolescence ?
2. Define puberty.
3. Adolescents are generally called teenagers. Why ?

CHANGES AT PUBERTY

Age in years	% of full height	
	Boys	Girls
8	72%	77%
9	75%	81%
10	78%	84%
11	81%	88%
12	84%	91%

13	88%	95%
14	92%	98%
15	95%	99%
16	98%	99.5%
17	99%	100%
18	100%	100%

Calculation for full height (cm):

$$\frac{\text{Present height (cm)}}{\% \text{ full height at this age (as given in the chart)}} \times 100$$

One can use this formula and table to work out how tall he or she is likely to be.

SECONDARY SEXUAL CHARACTERS

The reproductive organs are testes and ovaries which produce the gametes, i.e., sperms in males and ova in females. The features which help to distinguish the male from the female, are called secondary sexual characters.

Pubertal Changes (Secondary Sexual Characters) in Male :

Widening of shoulders.

Deepening of voice.

Growth of hairs under chest armpits and around pubic area.

Appearance of beard and moustaches.

Growth of sex organs, [Testes & Penis].

Increased activity of sweat and sebaceous glands.

Oily skin and appearance of pimples.

Darkening in skin colour of the genital area.

Pubertal Changes (Secondary Sexual Characters) in Female:

Widening of pelvis and hips.

High pitch voice.

Growth of hairs under armpits and around pubic area.

Initiation of menstrual cycle.

Growth of mammary glands (breasts).

Maturation of secondary sex organs like fallopian tubes, uterus.

Increased activity of sweat and sebaceous glands.

Oily skin and appearance of pimples. Darkening in skin colour of the genital area.