

Understanding Adolescence

Physical changes:- Some of the physical changes that I have seen in my body during the last six months

1. My voice has begun to change; has become more deeper & sometimes crack.
2. Sudden increase in my height.
3. My Adam's apple has become more prominent - probably due to bigger larynx (as told by my teacher).
4. My shoulders have become broader & wider.
5. I can see a small hair line above my lips.

Emotional Changes: 1. I feel more stressed over very petty issues.

2. I want to show that I am a responsible person but when others misunderstand me I feel irritated.
3. I am unable to control my emotions like when people come to know when I am sad, angry or when I am very happy.

Boys

Physical change

For a male, the physical change of puberty usually starts with the testicles getting bigger. Dark, coarse, curly hair will sprout just above the penis and on the scrotum. The penis and testes will get larger and erections happen more often. Ejaculation—the release of sperm-containing semen—also happens.

Emotional change

Changes may include: Mood swings including irritability, tearfulness, anger, overwhelming happiness or confusion. Intense emotions of love, low self-esteem, frustration and apathy.

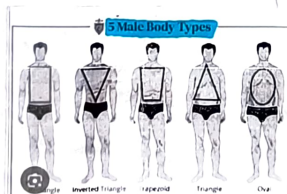
Mental change

The teen years bring many changes—not only physically, but also mentally and socially. During these years, teens become more able to think abstractly and have time to make plans and set long-term goals. Each child may progress at different rates and show a different view of the world.

Social change

As their social circles expand, adolescents spend less time with their family and more time with friends. Teen and young people also develop a greater capacity to form stronger relationships with adults outside of their families who

ADOLESCENTS AGE



Girl

Physical change

The girl's body shape will also begin to change. There may be an increase, not only in height and weight, but the hips may get wider as well. There may also be an increase in fat in the buttocks, legs, and stomachs. These are normal changes that may happen during puberty.

Emotional change

From puberty, adolescents may experience their feelings more strongly and may be more emotionally sensitive. Their highs may seem higher and their lows lower. The way they react one day may be quite different to another day. They are still learning how to handle intense feelings and express themselves in mature ways.

Mental change

This doesn't just mean getting your period. A number of psychological changes in adolescence also mean that the way you think and feel changes. It means gaining independence, developing your own thoughts, building confidence, and becoming a great leader, parent and daughter—in short, a great you!

Social change

By the time they reach adolescence, their networks also can include people from team sports, student organizations, clubs, and other activities. As their social circles expand, adolescents spend less time with family and more time with