

Lesson 1

Adolescence: A Time of Change

Guide to Reading

● Building Vocabulary

As you read the lesson, write the definition for each of the following terms.

- adolescence (p. 202)
- endocrine system (p. 203)
- puberty (p. 203)

● Focusing on the Main Ideas

In this lesson, you will learn to

- **describe** three kinds of changes you go through during the teen years.
- **identify** the structure and function of the endocrine system.
- **analyze** how a teen is influenced by peers.

● Reading Strategy

Organizing Information Divide a sheet of paper into three columns. Name each column for one of the sides of the health triangle. Write two changes that occur on each side.

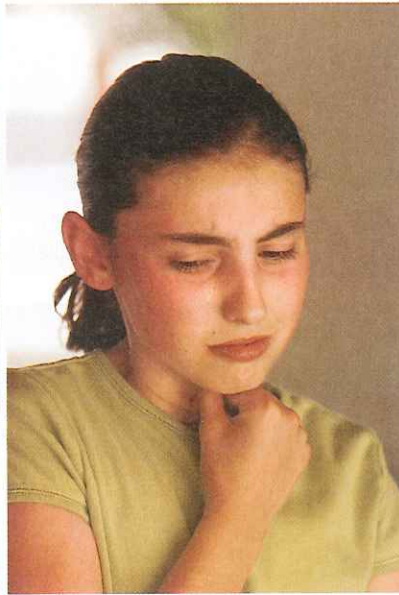
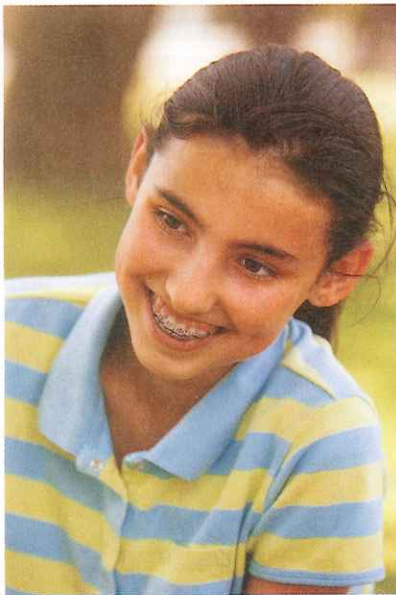
FOLDABLES Study Organizer Use the Foldable® on p. 201 as you read this lesson.

Quick Write

Think about ways your body has changed in the past few years. Make a list of some of these changes.

Changes During Adolescence

Look at any group of teens, and you'll probably see big differences between the individuals. One teen may be a head taller than another who is the same age. Some teens may look younger or older than they really are. These differences are caused by the changes teens go through during **adolescence** (a·duhl·EH·suhns). This is the *period between childhood and adulthood*. Although all teens experience these changes, they occur at different times and speeds for everyone. You are just beginning your adolescent years now.

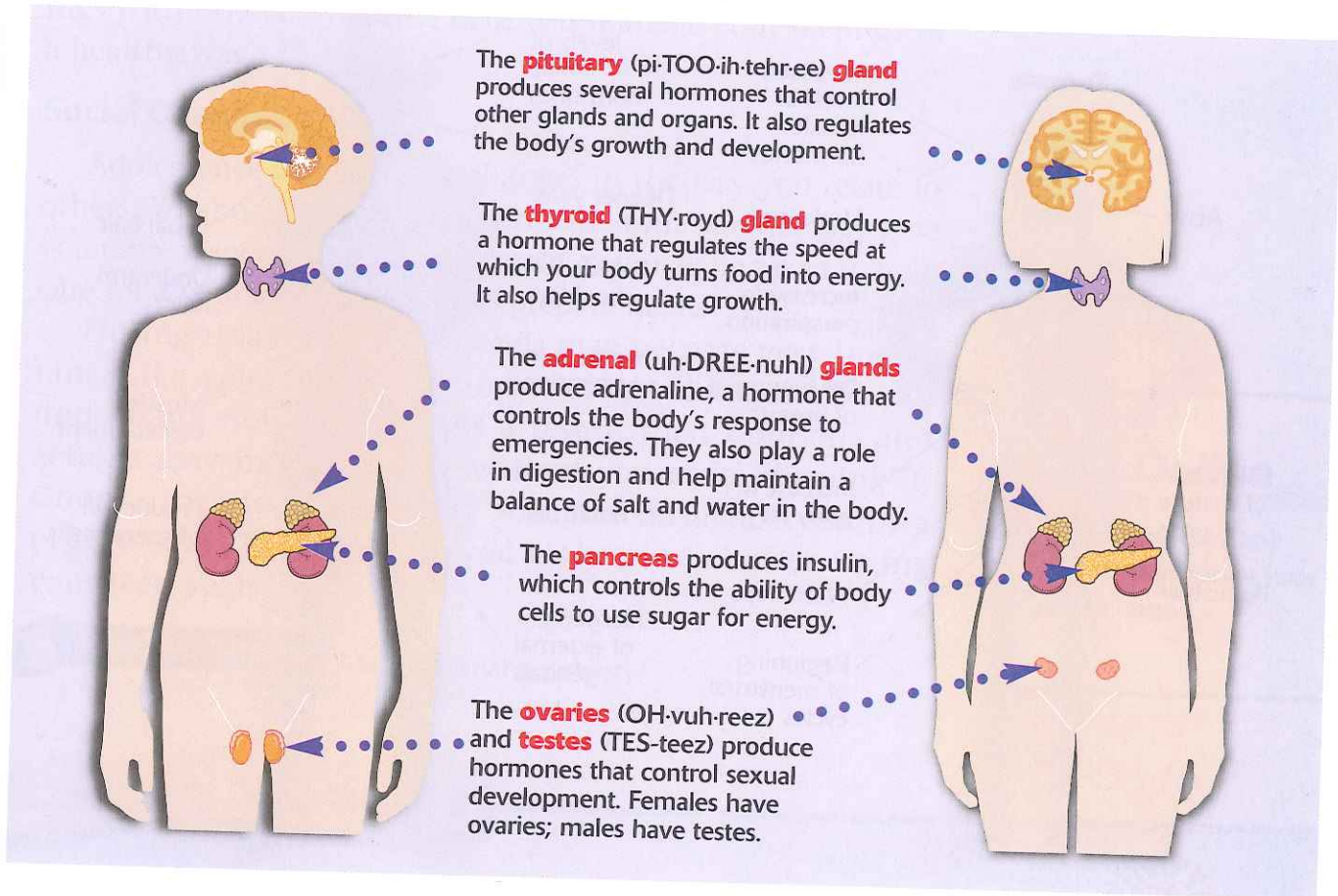


◀ Mood swings are a normal part of adolescence. **What causes mood swings?**

▼ FIGURE 8.1

THE ENDOCRINE SYSTEM

The glands that make up this system perform many different jobs in your body. **Which glands regulate growth?**



Adolescence brings changes in all three areas of your health triangle. You develop physically, mentally/emotionally, and socially. Many of these changes are caused by *hormones*. As noted in Chapter 2, hormones are chemicals made by the body. Specifically, they are produced in the **endocrine** (EN·duh·krin) **system**. This is a body system containing glands that regulate growth and other important activities. **Figure 8.1** describes many important functions of the endocrine system.

Physical Changes

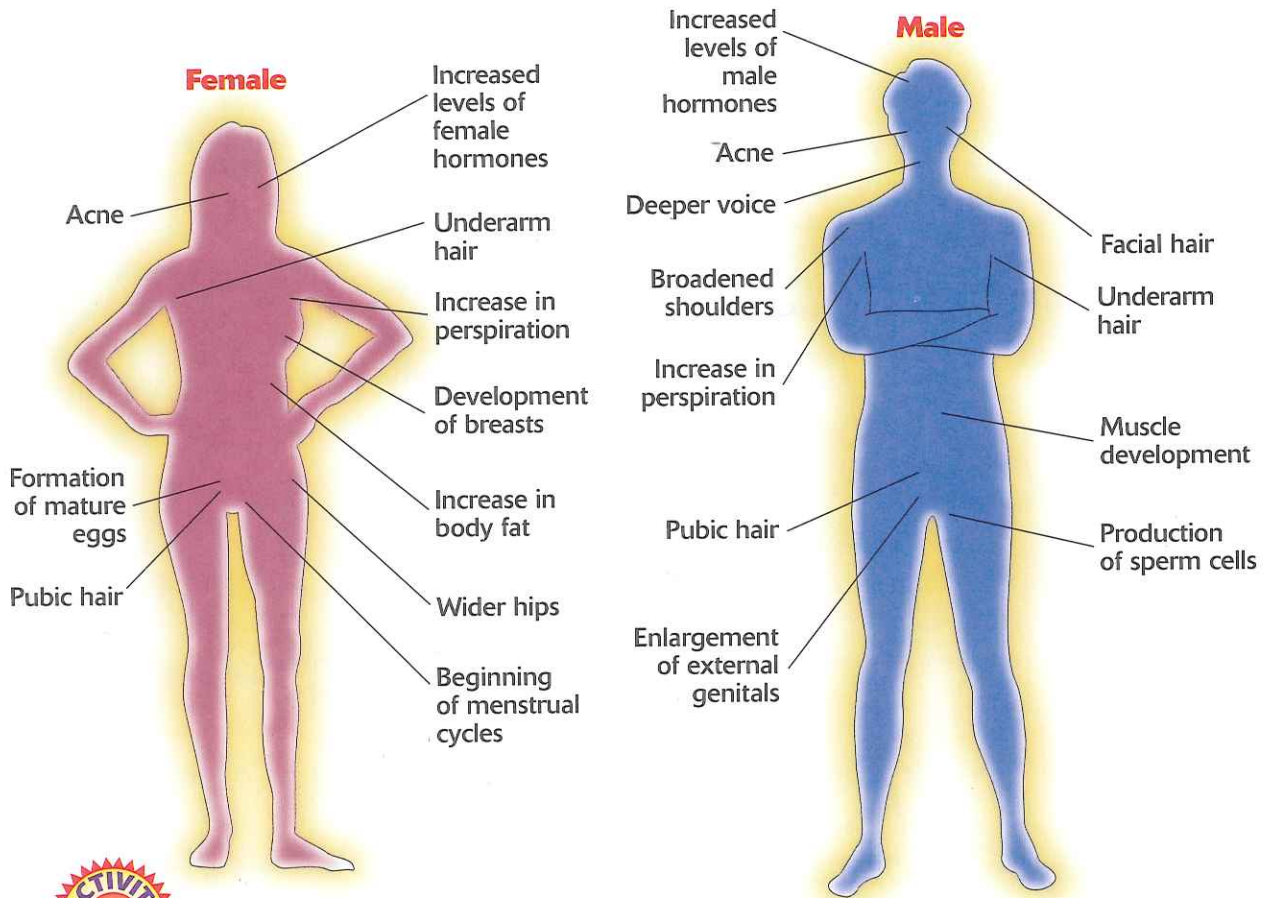
Over the past summer, Phil noticed his voice beginning to change. Acne is appearing on Marie's face. Changes such as these signal the arrival of **puberty** (PYOO·bur·tee). This is *the time when you start developing the physical characteristics of adults of your gender*. Other changes that occur during puberty include the growth of body hair and increased sweating, or perspiration.

▼ FIGURE 8.2

PHYSICAL CHANGES DURING ADOLESCENCE

Notice that boys and girls go through some similar changes.

Give an example of a change both boys and girls go through.



Go Online

Topic: Understanding Puberty

Visit glencoe.com for Student Web Activities to get answers to questions teens are asking about growth and development.

Activity: Using the information provided at the link above, create a small card that has three resources printed on it where teens can access reliable information on growth and development.

The shape of your body changes, and you grow taller. These and other changes are shown in **Figure 8.2**.

Puberty begins at different times for different people. Typically, it starts between the ages of 8 and 14. During puberty, some body parts may grow faster than other parts. This is especially true of the hands and feet. These changes may make some teens feel awkward or self-conscious. Others, for whom puberty comes later, can feel “left behind.” Although these situations can be troubling, remember that they are only temporary.

Mental/Emotional Changes

During adolescence, you begin to think about things in new ways. You learn to appreciate different opinions or points of view. You will begin to identify your own values and beliefs. You will also become aware of how your opinions, decisions, and actions affect others.

Changes in hormones can affect your feelings as well as your thoughts. You may feel strong emotions that you do not always understand. You might be happy one moment and sad the next. These sudden shifts in emotion are called mood swings and are common in adolescence. Talk about your feelings with others. This will help you manage your feelings in a healthy way.

Social Changes

Adolescence brings about changes in the way you relate to others. You become more independent. Your parents may give you more responsibility. For example, you may be asked to help care for a younger **sibling** or to prepare meals.

During this time, your friends may become very important. Like you, they are going through changes and can understand how you feel. As a result, their opinions and actions may influence you without you even knowing it. Choose friends that support you and influence you in a positive way. This will help you make good choices during your teen years.

Academic Vocabulary

sibling (SIB ling) (noun)
a brother or sister. *Mark has one older sibling and one younger sibling.*

 **Reading Check** **Identify** What is puberty?



Visit glencoe.com and complete the Interactive Study Guide for Lesson 1.

Lesson 1 Review

 **After You Read**

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *endocrine system*.
2. **Recall** Name two physical changes that occur during puberty.
3. **Identify** What are some social changes that occur during adolescence?

Thinking Critically

4. **Apply** Peter gets teased by some of his peers because he is going through puberty. If you went to school with Peter, how would you teach these peers to respect Peter?

5. **Evaluate** How do you think the changes you experience during puberty help you prepare for adulthood?

Applying Health Skills

6. **Analyzing Influences** Peers can have a strong influence on your actions during adolescence. Give one example of how this can be positive. Give another example of how it can be negative.