CHAPTER 10 REACHING THE AGE OF ADOLESCENCE

CLASS VIII HAND OUT MODULE 1

 ADOLESCENCE AND PUBERTY

* The period of life , when the body undergoes changes, leading to reproductive maturity, is called adolescence.
* Adolescence begins around the age of 11 and lasts upto

18 or 19 years of age.

* Since this period covers the ‘teen’ (13 to 18 or 19 years of age) , adolescents are also called ‘teenagers’.
* In girls , adolescence may begin a year or two earlier than in boys.
* The period of adolescence varies from person to person.
* The human body undergoes several changes during

Adolescence.

* These changes mark the onset of puberty.
* The most important change which marks puberty is that

boys and girls become capable of reproduction.

* Puberty ends when an adolescent reaches reproductive maturity.

CHANGES AT PUBERTY

* Increase in height- The most conspicuous change during puberty is the sudden increase in height.
* At this time the long bones ,that is , the bones of the arms

and the legs elongate and make a person tall.

* Initially , girls grow faster than boys but by about 18 years

of age , both reach their maximum height.

* The rate of growth in height varies in different individuals.
* Some may grow suddenly at puberty and then slow down, while others may grow gradually.
* All parts of the body do not grow at the same rate.
* Sometimes the arms and legs or hands and feet of adolescents look oversized and out of proportion with the body.
* But soon the other parts catch up and result in a proportionate body.
* This is because height depends on the genes inherited from parents.
* It is , however, very important to eat the right kind of food during these growing years.
* This helps the bones, muscles and other parts of the body get adequate nourishment for growth.

CHANGE IN BODY SHAPE

* This is because they have entered the age of puberty

 when shoulders generally broaden as a result of

 growth.

* In girls, the region below the waist becomes wider.
* In boys, the muscles of the body grow more prominently

 than in the girls.

* Thus, changes occurring in adolescent boys and girls are

 different.





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