CHAPTER 10 REACHING THE AGE OF ADOLESCENCE

 CLASS VIII HAND OUT MODULE 2

VOICE CHANGE

* At puberty ,the voice box or the larynx begins to grow.
* Boys develop larger voice boxes.
* The growing voice box in boys can be seen as a protruding part of throat called Adam’s apple.
* In girls , the larynx is hardly visible from the outside because of its small size.
* Generally , girls have a high pitched voice, where as boys

 have a deep voice.

* In adolescent boys, sometimes, the muscles of the

growing voice box go out of control and the voice

 becomes hoarse.

* This state may remain for a few days or weeks after which

 the voice becomes normal.



 Fig: Adam’s apple in a grown up boys.

* INCREASED ACTIVITY OF SWEAT AND SEBACEOUS GLANDS
* **During puberty the secretion of sweat glands and sebaceous (oil glands) increases.**
* Many young people get acne and pimples on the face at this time because of increased activity of these glands in the skin.

\*DEVELOPMENT OF SEX ORGANS

* At puberty, male sex organs like testes and penis develop completely.
* The testes also begin to produce sperms.

 \* In girls ,ovaries enlarge and eggs begin to mature. Also

 ovaries start releasing mature eggs.

\*REACHING MENTAL , INTELLECTUAL AND EMOTIONAL MATURITY

\* Adolescent is also a period of change in a person’s way

 of thinking.

* Adolescents are more independent than before and are

 also self conscious.

\* Intellectual development takes place and they tend to

 spend considerable time thinking.

* In fact ,it is often the time in one’s own life when the brain has the greatest capacity for learning.
* Sometimes ,however ,an adolescent may feel insecure while trying to adjust to the changes in the body and

 mind.

* But as adolescent learners ,you should know that there

is no reason to feel insecure. These changes are a natural

 part of growing up.

SECONDARY SEXUAL CHARACTERS

* Testes and Ovaries are reproductive organs.
* They produce the gametes , that is, sperms and ova.
* In girls, breasts begin to develop at puberty and boys begin to grow facial hair ,that is ,moustaches and beard.
* As these features help to distinguish the male from female they are called secondary sexual characters.

**\* Boys also develop hair on their chest.**

* **In both, boys and girls, hair grows under the arms and in the region above the thighs or the pubic region.**

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