Farrar 1E Adolescence and Puberty Quiz Answers

Title: Adolescence and Puberty

1. Adolescence is the time between being a child and being an adult.

\*a. true

b. false

Type: E

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2. How can social media be a positive source of support during adolescence, and how can it be a negative source of support?

a. It can be a positive influence in that teens can connect with one another online, gather helpful information, and see other teens having similar feelings and experiences as they are. It can be a negative influence as teens may compare themselves to others and feel they aren’t as good as someone else or as pretty, which can cause self-doubt, low self-esteem, and anxiety.

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3. Self-esteem is an example of a(n) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ change in adolescence.

a. social

\*b. emotional

c. mental

d. physical

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4. \_\_\_\_\_\_\_\_\_ changes in adolescence could include teens understanding how their actions can have consequences that can impact them now and into their future.

a. Social

b. Emotional

\*c. Mental

d. Physical

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5. Provide an example of a social comparison you have done, or you know someone else has done.

a. Answers will vary, but students should provide an example of how they have compared themselves to a friend, peer, social media influencer, or the like.