**Lesson: Adolescence and Puberty**

## Vocabulary Review Worksheet

1. adolescence
2. Puberty
3. self-esteem
4. Social comparison

## Lesson Quiz

1. a. true
2. 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.
3. b. emotional
4. c. Mental
5. 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.

## Note-Taking Guide

**Adolescence and Change**

1. Adolescence; 10; 19

2. Puberty

**Social Changes in Adolescence**

3. positive; negative

4. independent

5. right; wrong

6. Decisions; actions; consequences

**Emotional Changes in Adolescence**

7. like; value

8. decision; thinking; impulsively

9. social comparison

**Mental Changes in Adolescence**

10. problems; consequences

**Physical Changes in Adolescence**

11. Answers should include two of the following: height, weight, acne, facial and body hair.

**Sources of Support**

12. Answers could include happiness, sadness, anger, and frustration.

13. Student response.

**Social Media Influences**

14. experiencing; feeling

15. It can provide justification to why they feel the way they do.

## Skill-Building Challenge

Students will answer the questions regarding their own expectations or those on social media about analyzing influences regarding how they should feel or look.