

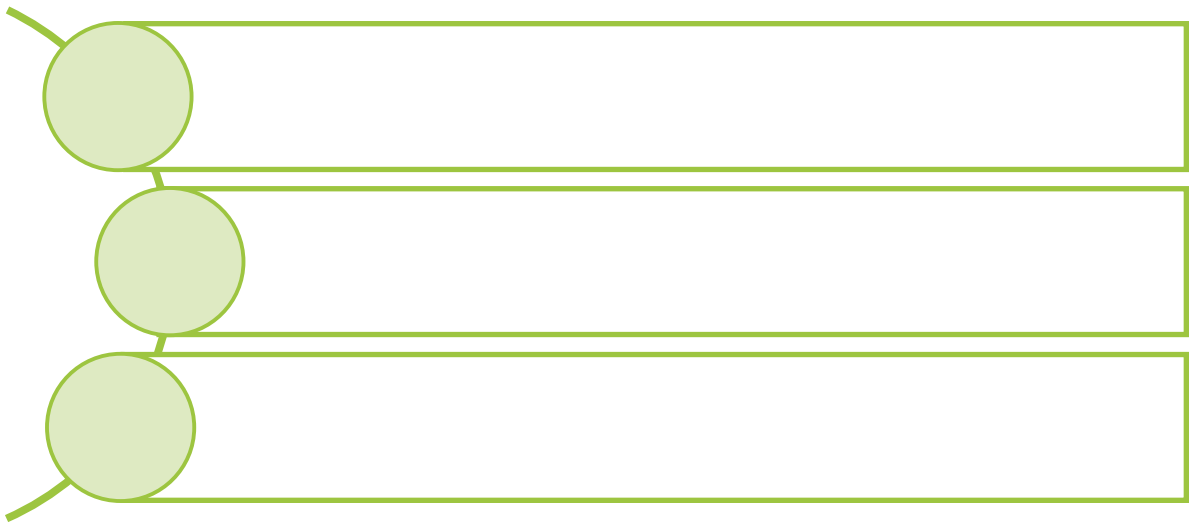
Adolescence and Puberty Note-Taking Guide

Adolescence and Change

1. _____ is the time between being a child and an adult and is usually between the ages of _____ and _____.
2. _____ is the time when your body undergoes sexual development.

Social Changes in Adolescence

3. Social influences can be _____ or _____ and are often the result of peer pressure.
4. Social changes may also involve being more _____ from your family.
5. Teens may think more about what is _____ and _____ and start developing values and morals.
6. During adolescence teens often realize they are responsible for their own:



Three green circles are arranged vertically, connected by a thin green line. Each circle is positioned to the left of a large, empty rectangular box with a green border, intended for taking notes.

Emotional Changes in Adolescence

7. Self-esteem is described as how much you _____ and _____ yourself.
8. The _____-making skills are still developing, and it's important to work on _____ through decisions rather than acting _____ on decisions.
9. Teens comparing themselves more to their friends and peers is known as _____ and may be about socioeconomic status, race, or material items.

Adolescence and Puberty

Mental Changes in Adolescence

10. As teens get older, they are often able to see how their choices can lead to potential _____ or positive _____ now and into the future.

Physical Changes in Adolescence

11. List two physical changes teens will experience during adolescence.

Sources of Support

12. List two big emotions that can happen quickly.

13. List two people you can talk to and who will support you through challenging times.

Adolescence and Puberty

Social Media Influences

14. Teens may turn to social media to see if what they are _____ and _____ are the same for other teens
15. How can social media be valuable to teens?