



20

ADOLESCENCE: CHARMS AND CHALLENGES

I am unique! Nothing can happen to me! Will I be tall enough! I can change the world! Nobody understands me! Do these statements sound familiar? At what age do you remember having such thoughts?

Adolescence is a crucial period of life between childhood and adulthood during which an individual experiences a range of emotions, very confident about certain things and unsure about others. It takes some time and efforts to become comfortable with the changes taking place in one's mind and body. These changes make this phase of life very exciting. In this lesson, you will learn about the charms and challenges of adolescence and the ways to manage many issues related to it.



OBJECTIVES

After completing this lesson, you will be able to:

- explain the physical changes during adolescence and learn to manage them effectively;
- explain the emotional and social changes during adolescence and develop a positive self concept and self esteem;
- explain the social changes during adolescence;
- enhance skills to respond positively and responsibly to various situations;
- examine the characteristics of cognitive development during adolescence deal effectively with different influences from peers, adults, media and social norms;
- recognize the importance of planning for a career



20.1 CHARACTERISTICS OF ADOLESCENCE

So what is adolescence? Adolescence is the transitional stage between childhood and adulthood. It is the age between 10-19 years. Though the timing and pace of changes may vary among individuals, these are marked by physical, emotional, social and cognitive changes. Why do you think these changes take place?

These changes are initiated by hormonal changes in the body and are a natural part process of growing up. You can read more about hormones in lesson No. 22 Control and Coordination from the Science and Technology secondary course of NIOS. These changes prepare adolescents for adult roles and responsibilities, so they should be accepted and celebrated. You shall learn more about these changes. These can be broadly categorized as:

1. Physical development
2. Emotional Development
3. Social Development
4. Cognitive Development

1. Physical development:

Physical development during adolescence begins with puberty which means beginning of sexual maturity. This period is marked by physical growth and change in body shape. During this period almost 75% of adult height and about 50% of adult weight is gained. You must be aware that every individual has unique structure which is influenced by several factors such as heredity, environment and nutrition.



Fig 20.1 (a): Physical Development in Girls

During adolescence, both boys and girls experience physical changes but some are specific to boys and some to girls. These have been listed in Table 20.1

Table 20.1: Physical Changes during Adolescence

Common to boys and girls	Specific to boys	Specific to girls
<ul style="list-style-type: none"> • Increase in height and weight • Growth of underarm hair • Growth of pubic hair • Pimples / acne • Development of reproductive organs 	<ul style="list-style-type: none"> • Broadening of shoulders • Deepening of voice • Development of facial hair • Increased muscular development • Nocturnal emission 	<ul style="list-style-type: none"> • Growth of breasts • Broadening of hips • Menarche



Notes



ACTIVITY 20.1

Recall and Mark Tick (✓) the physical changes you experienced around the age of 15-16 years in the table 20.1 given above.

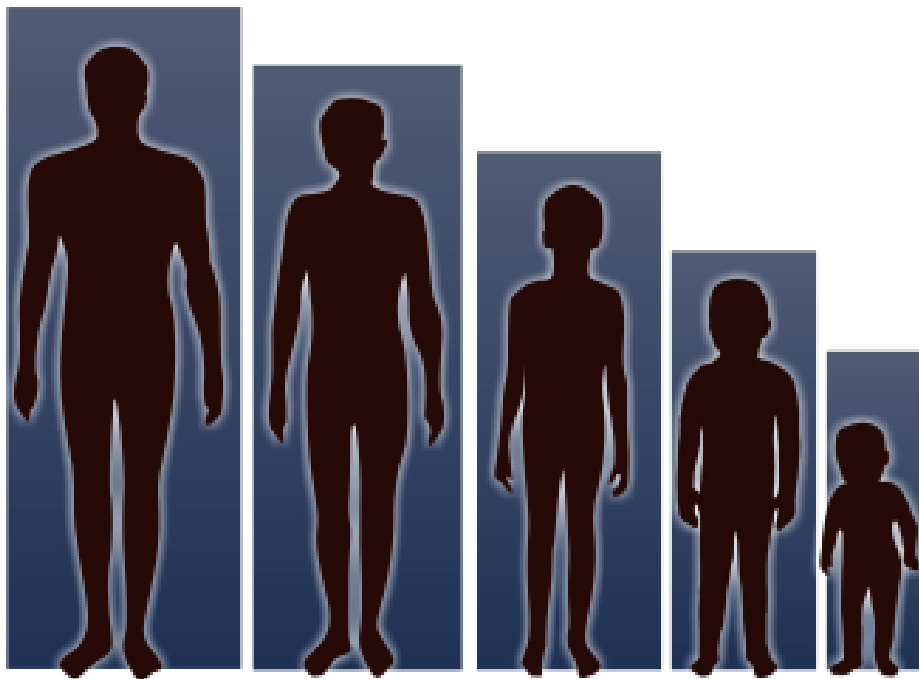


Fig 20.1 (b): Physical Development in Boys



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Among girls menstruation usually begins (menarche) between 9-16 years and stops around 45-55 years of age (menopause). Menstruation is a cycle of 28 days which may vary from 21-35 days. Now you will learn what menstruation is

During each menstrual cycle, one ovum matures and is released by the ovary. This is called *ovulation* that occurs around mid cycle. Before the ovum leaves the ovary, the uterus builds up its inner lining with extra blood and tissue. If the ovum meets with sperm, (in case of sexual intercourse) it is fertilized and conception takes place. In that case, the lining of the uterus supports the growing foetus (baby).

But when the ovum is not fertilized, the uterus no longer needs the extra blood and tissue. The uterus therefore begins shedding its lining and the menstrual flow starts. It consists of blood, mucus and fragments of the lining in the uterus. This blood passes through vagina and is caught by using a clean cotton cloth or a sanitary pad. It is important to know that if the girl does not begin her menstrual cycle (periods) until the age of 16 years, she should consult a qualified doctor. Menstruation signifies the ability of a girl to become pregnant.

DO YOU KNOW THAT

- a girl can get pregnant before her menstrual cycle begins as she releases an egg before her first period?
- irregularity in menstrual cycle is common when girls just begin to menstruate?
- a missed period usually indicates pregnancy if a girl is sexually active?
- the menstrual cycle may be irregular due to stress, illness and inadequate nutrition?
- all girls should have an iron rich diet to prevent anemia. Girls who bleed heavily or are malnourished may also need iron supplements? You must have read about this in detail in lesson no. 2 Food and its Nutrients.

Although menstruation is a natural phenomena there are many myths related to it. Some of these have been clarified in Table 20.2

Table 20.2: Menstruation: Myths and Facts

Myths	Fact
Girls should not engage in any work during menstruation	Girls should continue with their daily activities as long as they feel comfortable. Infact, walking and exercising can help them get over cramps and pain.
Menstruation is an abnormal condition	It is a natural phenomenon although some girls may feel less energetic during this period. They may also get cramps,



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	backache, headache, stomach ache or experience loss of appetite.
It is alright to take medicine to delay or hasten menstruation	One should avoid taking medicines to delay or hasten menstruation as these can be harmful to the body. If required take the advice from a qualified doctor.
Bathing during menstruation causes cramps	It is important to bathe daily. A warm bath can soothe and relax muscles, reduce pain. It is important to adopt good genital hygiene especially during menstruation. Clean sanitary napkins should be used during menstruation which should be changed every six hours. If a cloth is used instead of a sanitary napkin, it should be washed with soap and water and dried in the sun.
Women should not enter kitchen during the period of menstruation	There is no scientific evidence supporting restriction on working in the kitchen, handling certain food items like pickle or participating in social and religious functions.

These are only some of the myths and you may hear about many others. It is upto you to find the truth about these myths and make informed and responsible choices rather than follow these myths blindly.

Nocturnal emission is the release of excess semen from the penis during sleep. It is also known as 'wet dreams' or 'night fall'. The frequency of nocturnal emissions or nightfall varies from person to person. Nocturnal emission is a natural phenomenon hence there is no need for boys to get worried or feel guilty about it. There are many myths about nocturnal emission, some of which have been clarified below in Table 20.3

Table 20.3: Nocturnal Emission: Myths and Facts

Myths	Fact
Nocturnal emission makes one weak	It does not cause any sexual or physical weakness.
It is associated with sexual thoughts	It is a natural phenomenon and may not always be associated with sexual thoughts and feelings.



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All boys experience nocturnal emission	All boys may not experience nocturnal emission.
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However you should note that genital hygiene is important for both girls and boys. So what steps can they adopt for maintaining hygiene?

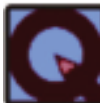
- Genitals should be washed with clean water after urination as infection can occur between the folds of the skin.
- Undergarments preferably made of cotton should be used.
- Undergarments should be changed normally atleast once a day and dirty undergarments dried in the sunlight.
- In stained undergarments should be changed immediately.
- Excessive sweating and subsequent infection can be avoided by keeping the pubic hair trimmed.



ACTIVITY 20.2

While growing up, you must have gone through a number of changes in your body. Did you feel prepared for these changes? If yes, how did it help you?

If not, do you think it is important to be prepared for them? Why? Who according to you could have helped in preparing you?



INTEXT QUESTIONS 20.1

1. Write two signs of physical growth which are common and two which are specific to adolescent boys and girls.

Common to boys and girls	Specific to boys and girls	
	boys	girls
1.	1.	
2.	2.	

2. Identify whether the following statements are True/False. Give reasons for your answers.

(i) Children should not be educated about the changes during adolescence as it may distract them.

(True/False) _____

- (ii) Malini should not play outdoor games during menstruation.
(True/False)_____
- (iii) Sohail's brother makes him feel guilty by saying that nocturnal emission happens to those who have sexual fantasies.
(True/False)_____
- (iv) Girls should eat iron rich foods.
(True/False)_____
- (v) A girl cannot become pregnant before her first periods.
(True/False)_____
- (vi) Genital hygiene is important for both boys and girls.
(True/False)_____



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During adolescence emotions become more pronounced due to the hormonal changes. To help them manage their emotions positively, it is important to understand adolescents' emotional development.

2. Emotional Development

Emotional development means developing an ability to manage emotions and to express them in positive and responsible ways. Almost all adolescents go through a stage of rebelling against restrictions. Angry outbursts, mood swings are quite common in this stage. Adolescents feel as if they are sitting on an emotional seesaw, feeling up one minute and down the next; feeling mature on some days and child-like on others. Though you must realize that each person is unique and has different responses to stress. Positive and healthy ways of responding to stressful situations help in decreasing the negative emotions. So how can you reduce your anger and cope positively to stressful situations?

- First of all you need to recognize your anger signals and accept that you are angry.
- Try to divert yourself or do something constructive to calm down.

Choose one or two of the options given in the box and see which one works best for you-





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However may be some other method works for you. Remember if you feel overwhelmed by a situation and find difficult to cope with it, do not hesitate to seek help from trusted sources like family or friends. Asking for help is not a symbol of weakness. In fact, it signifies strength and good understanding of your inner resources. Analyzing the situation, understanding its cause and avoiding it in future are steps that help in managing emotions better. Take the case of Ramu and his very close friend Rajinder. They had a misunderstanding which led to a fight. Rajinder insulted Ramu in front of everyone. Ramu felt very hurt. Undoubtedly this is a stressful situation for Ramu. There are several ways of dealing with the situation. Three possible responses are listed below:



Fig 20.2

Response 1: He feels that no friend is worth trusting and breaks contact with all his friends.

Response 2: He criticizes Rajinder with his other friends.

Response 3: Ramu sits with Rajinder and clears the misunderstanding.

Which do you think is the most sensible option? Give reasons for your answer.

Building of positive self concept is very important for the personality development among adolescents. Do you understand what **self concept** and **self esteem** means.

Identity comprises of distinctive characteristics of an individual. As adolescents develop a strong sense of identity and have strong views about issues. Identity of an individual is made up of 'Self concept' and 'Self esteem'.

Self concept means the way in which you see your strengths and weaknesses. Self concept is said to be low when you see only your weaknesses and it is high when you look at your strengths and want to improve yourself.

Self-esteem is your personal judgment of your abilities. In other words, if you have high self esteem, then you have more belief in your abilities. Positive self concept leads to higher self esteem. When adolescents begin to take pride in the abilities they possess and consider these as their assets, their self esteem goes up. One has to realize that success is the key factor in building positive self concept during adolescence. But how can you develop positive self concept and self esteem? For this let us do the following activity.



ACTIVITY 20.3

To know yourself better and develop positive self esteem, assess yourself on the following criteria. Ask your parents to assess you on the same criteria. Tick mark , Yes or No accordingly

S.No	Do you	According to you		According to your parents	
		Yes	No	Yes	No
1	accept your strong points and appreciate them?				
2	acknowledge your weaknesses ?				
3	try changing everyone ?				
4	indulge in self pity ?				
5	seek advice when needed of a trusted friend or a trained counselor ?				
6	realize that certain physical aspects in you cannot be changed ?				
7	appreciate others and be genuine and honest in your appreciation ?				
8	eat healthy and exercise ?				

After listing your positive qualities how did you feel about yourself? Which of the above points do you think help in developing a positive self esteem? With or without the help of your parents, develop a plan of action for yourself to overcome your weaknesses. Write your answers in the following columns. One has been done for you.



Fig 20.3

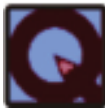
My weakness according to		Plan of Action
Me	My parents	
1. I don't share my problems even if they are beyond my control	Shares only some problems and that too almost at the last minute	1. I will share my problems and take timely advice from either my parents or if need be from a trusted friend or a trained counselor.
2.		2.
3.		3.
4.		4.



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INTEXT QUESTIONS 20.2

1. Nasreen is the best athlete in her village and has won many awards at both district and state level. For the past two years she has been practicing very hard for the coming district athletes meet. She is very upset and wants to know that she is not shortlisted for the same. Given below are three different ways in which Nasreen can try to find why she has not been shortlisted for district athletes.

Option 1: Nasreen argues with the sarpanch of the village and accuses him of being unfair.

Option 2: Nasreen locks herself in a room and refuses to eat her meals.

Option 3: she goes to sarpanch and asks him the reason for her not being selected for district athletes.

Which do you think is the most sensible option? Give reasons for your answer.

2. Neha got very angry when her parents did not allow her to go out with her friends. She threw her books on the floor, shouted at everyone and refused to eat her food.

If you were Neha, what would you have done to convince your parents? Please suggest at least two methods.

3. Sudha is very conscious of her dark complexion. She avoids interacting with people around. Give suggestions to Sudha which can help build a positive self esteem.



Fig 20.4



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3) Social Development

Social development refers to the interaction of adolescents with their family, peers and others. As children transform into adolescents and later to adulthood, their social relationships undergo many changes.

“Who am I?” Am I an adult or a child? This is one question to which an adolescent is always seeking an answer. At one minute their parents tell them “You are not a child any more.” and the next minute they are told “Go and play, we adults are discussing something.” Such statements often leave them confused as to the status of their identity i.e. whether they are adults or children.

At this stage adolescents develop a strong sense of selfhood and have their own views and feelings about various issues. In their effort to become independent and develop their own identity they slowly start taking their own decisions. Parents can enable their children form an identity and become independent individuals by treating them as responsible young adults.

During this period the relationship adolescents share with their family and peers go through a major change. Let us study more about these changes.

3.1 Relationship with the family

As adolescents start distancing themselves from their families, they start valuing their peers more than before. They often look to their peer group for approval and may even change their behavior to win their approval.

Adolescents start seeking privacy and like to spend lesser time with their families. They dislike any restrictions imposed upon them. Parents may find it difficult to accept these adults like characteristics of their children where they ask questions, reason and sometimes argue rather than obeying them blindly. Parents may feel that their adolescent children no longer value their opinions. This may not



Fig 20.4

necessarily be true as, the nature of this relationship changes. In fact, adolescents need their parents time and counsel more than ever before. However it may be important to re-establish some of the core guiding principles for parent- adolescent interactions.

You must realize that parenting teenagers is not easy. It angers and frustrates parents to see their child slipping out of their control. They know their child cannot foresee the consequences of his/her actions. In fact, some parents worry that their child is not



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growing into a responsible person and worry about their future. This leads to disagreement and conflict.

Similarly, adolescents also have the responsibility to listen to their parents' opinions, think through the suggestions carefully and then put forth their views and feelings clearly and in a respectful manner. They must learn to express their thoughts and feelings in a clear, honest and respectful manner without putting down either themselves or the other person. Effective communication is a two-way process in which everyone concerned, has not only the right to express their views but also to be heard respectfully.

Following suggestions would help develop a closer bond between you and your parents.

- You must share your feelings with your parents and establish an open channel of communication. Both you and your parents should listen to each other's opinions, think through each other's suggestions carefully and then put forth views and feelings clearly in a mutually respectful manner.
- You must be as courteous to your own parents as you are to the parents of your friends.

Gradually as you grow older your parents also start understanding and accepting the changes in you. For a healthy relationship you need to understand your parents.

Following activity would help you to do that.



ACTIVITY 20.4

Ask your parents about five things that they liked to do with their friends when they were adolescents. Now compare it with what you like to do with your friends.

What your parents did with their friends		What you do with your friends
Mother	Father	

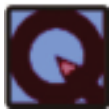
Pick the activities which are similar. Now share the experiences with each other.

Did this activity help you to understand your parents better? If yes, how?

What can you as an adolescent do to improve your relationship with your parents? You must remember that your parents love you and have your best interest in mind. They are concerned for your safety and security. However, you do not need to have exactly the same opinion as your parents.

Following suggestions would help develop a closer bond between you and your parents.

- You must share your feelings with your parents and establish an open channel of communication. Both you and your parents should listen to each other's opinions, think through each other's suggestions carefully and then put forth views and feelings clearly in a respectful manner.
- You must be as courteous to your own parents as you are to the parents of your friends.



INTEXT QUESTIONS 20.3

1. Neha is 13 years old. She feels her mother does not love her anymore. She is not allowed to go out with her friends and has frequent arguments with her mother. Suggest two ways in which Neha can improve her relationship with her mother. Could you also recommend two ways in which Neha's mother can contribute towards improving the relationship with her daughter?
2. Adolescents are often confused whether they are children or adults. Narrate any incidence from your personal life to justify this statement.



Fig 20.5

3.2 Relationship with peers

Peer is defined as a person of equal age, abilities, qualifications, background or social status. As you must be aware adolescents give a lot of importance to their peers. The opinion of their friends seems more important than that of anyone else. Since all of them are going through similar experiences they feel close to each other.

Peer pressure can be both positive and negative. Positive peer relationship helps in social development as well as formation of self-image and self-esteem. These relations act as a safety net during difficult circumstances. Peers can act as positive role models and can also encourage healthy behaviour.



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Teenagers who feel isolated and rejected by their friends and family or those who come under the influence of negative peer pressure are more likely to indulge in anti social activities like thefts, substance abuse, gang involvement, smoking, drinking, etc.



Fig 20.6: Healthy Peer Relationships



ACTIVITY 20.5

Here is the case of Sujit and Manoj. They would often bully Sharad, a fellow NIOS learner to lend them money. When he would refuse, they would hit him. He never shared this with anyone. One day they snatched his purse and ran away.

He had to walk home as he had no money for the bus. Sharad’s neighbour, Abid who had witnessed the whole incident, asked him to bring it to the notice of the village elders. Sharad hesitated but agreed when Abid offered to accompany him.



Fig 20.7

Q1. Pick one example of positive and one of negative peer influence in this story.

Q2. Why do you think Sharad did not complain against the bullies for so long?

Q3. What difference did Abid’s intervention make to the situation? Discuss these questions with your friends and family and try to find the answers.

Developing healthy relationships and friendship is one of the most charming aspects of adolescence. Positive peer relationships are based on mutual respect and appreciation. Here are some ways to maintain healthy relationships.

- ✓ Communicate effectively. Practice how to express your thoughts and emotions in socially acceptable ways. This involves learning to listen, speak clearly, politely and seek others opinion and voice your opinions. Listening to others forms an important part of effective communication.



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- ✓ Cultivate social skills like anger management, fairness, and sensitivity.
- ✓ Develop empathy; treat people as you would like to be treated by others.
- ✓ Spend time together and keep working on your relationships by practicing the skills to resolve conflict and disagreements effectively.
- ✓ Offer constructive criticism. Treat each other fairly and forgive one another after clarifying the misunderstanding.
- ✓ Be generous and supportive. Be prepared to listen/talk to your friends in times of trouble.
- ✓ Maintain mutually respectful behaviour. Remember, there is no room for bullying in a healthy relationship.



INTEXT QUESTIONS 20.4

Complete the following statements giving appropriate reasons:-

1. Engaging in high risk behaviours is dangerous because _____
_____.
2. Keeping communication channel open with parents is important because _____.
3. During adolescence, friends become very important because _____
_____.
4. Positive peer pressure should be encouraged because _____
_____.
5. A clash between parents and adolescents could occur because _____
_____.

Development of intellectual skills are one of the most important step for adolescents to achieve their potential. This would be dealt in cognitive development.

4) Cognitive Development

Cognitive development refers to the development of brain which facilitates adolescents to perform more complex mental functions. It is concerned with the development of a person's thought processes it deals with the way these thought processes influence how we understand and interact with the world. These have been briefly explained below.



Abstract thinking: at this stage, they can imagine the impossible. For example if they hear idioms like *A Leopard Can't Change His Spots*, they can now understand that it means that *a person cannot change his/her basic nature*. Because of this ability they can also write poetry and understand humour.

Personal fable: At this stage adolescents think that they are unique and nothing bad can happen to them. This is one of the reasons for them to take risks. Adolescents are energetic and spontaneous in nature and try new things without fear. This may include helping peers and family, serving the country which leads in positive self identity. The ability to try new things can be used positively to bring about a positive change in the society. However experimenting with drugs, sex and many more such activities like driving at high speed, pillion riding without helmets; etc can often result in serious negative consequences.

Systematic thinking: they are able to think systematically. If asked to take a decision, they are able to list and examine various alternatives and the consequences of each alternative, before choosing any one. For example, while planning for a family holiday adolescents can list out suitable options available; examine them keeping in mind weather condition, location, best time to go, ways to reach the destination and places to see and accordingly decide and plan a holiday.

Idealism: One of the main characteristic of adolescence is idealism. They have a strong sense of right and wrong. They develop awareness about themselves and their surroundings with a strong sense of pride. Often idealism leads to positive thinking and actions. For example, many youngsters extend a helping hand in difficult situations like disaster, conflict.

Imaginary audience: Adolescents imagine that everyone is watching them. For example; if there is a very small hole in their T shirt, they think everyone can see it. They become more aware of their surroundings.



INTEXT QUESTIONS 20.5

- 1 Enumerate any two characteristics of cognitive development of adolescence.
- 2 Adolescents are often reckless and refuse to wear ill fitted clothes. Give reasons for their behaviour.

20.2 EFFECT OF CULTURAL AND SOCIAL NORMS

Social norms are a set of rules and expectations by which a society guides the behaviour of its members. You can see the effect of changing social and cultural norms on all aspects of life. These norms affect the way we behave, talk, dress or conduct personal

relationships. Even our gender roles which were governed by social norms are changing and evolving. For example, what women were expected to be 20 years ago is very different from the current expectations from women. Similarly, the roles men had adopted in the past are very different from their current role. Women are no longer restricted to household chores or men are not the only earning members of the family. Both men and women are gainfully employed and both participate in household chores. Hence, the concept of gender is dynamic and is different during different ages.



Fig 20.8

Adolescents are influenced by social norms and culture of the world. They copy popular language, clothes, music and dance. In their desire to belong, they adopt whatever is popular among their peers or is fashionable in media. It is alright to conform to the peer group. Sometimes you may not agree with a particular trend.

Here are some suggestions as to how to be more assertive and say no without feeling guilty. Next time you come across a tricky situation, try any of these.

1. Do not give in to societal peer pressure. Don't fall under the impression that just because "everyone else is doing it", that you should do it too.
2. Use the word "no" when declining rather than "I can't" or "I shouldn't".
3. Avoid feeling guilty and avoid saying "I'm sorry".
4. Stop others from making excessive demand on you.
5. Make sure your body language does not contradict what you are saying.
6. Make direct eye contact with the other person.
7. Not give other people reasons for every action we take
8. Maintain your dignity in relationships
9. Let other people know how you are feeling

Many times you may find yourself in situations where it becomes difficult to say no. In each situation you may use any of the following techniques:

- Ignore the question or statement and walk off.
- Pretend as if you have not understood anything
- Change the topic



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- Assertively convince to say no
- Make an excuse. For example, I'll join you some other day

Remember to use a different technique each time. Do practice these skills before you use them.

20.3 INFLUENCE OF MEDIA ON ADOLESCENCE:

Mass media like television, newspapers, magazines, films, radio and internet have both positive as well as negative influences on adolescents. Media not only creates awareness about various issues but also provides opportunities for them to participate in various programs on television and radio, publish articles in newspapers, magazines, websites; etc. By promoting sports, social work, media can motivate adolescents to take up such activities.

On the other hand media promotes certain stereotype images and views that may have a negative influence on adolescents. Constant exposure to sexual images, violence and commercial advertisements debasing women can lead to negative impact on young minds.

Adolescents often over-identify with famous people and idolize stars, professional athletes, movie actors, and television personalities to the point of apparent loss of their own individuality.

Actors and models influence their idea of a perfect body shape. Most of the adolescent girls watch their diet which leads to increasing number of eating disorders. In boys too there is an alarming increase in obsessive weight training and the use of steroids and dietary supplements that promise bigger muscles and more stamina for lifting. Excessive weight loss can lead to loss of stamina, decreased resistance to diseases, and irregular menstrual cycle (in case of girls). Indiscriminate use of steroids without medical advice has many harmful effects.

So what can be done to control this? Remember it is entirely up to you to decide what to watch or read. Very soon you will be an adult. It is important that you make responsible choices based on correct information.

Parents can reduce the negative effect of media by:

- Helping you distinguish between fantasy and reality
- Discussing the consequences of violence and risk taking behaviour
- Empowering adolescents with critical thinking skills to filter the messages they receive and good decision making skills to watch age appropriate content.

20.4 PREPARING FOR A CAREER

Towards later adolescence comes the time when you need to choose and prepare for a career.

You must be aware that you have to face tough competition to secure a good job. Everyone hopes to do something that they enjoy and also earn a decent livelihood. Very often, you are expected to join your parents in their profession. But if you have other interests, you should explore them. Remember whatever you do, you must try to do your best and excel in the chosen field. For this you may have to put in extra labour and effort. After all hard work always pays in the long run. There are many options available besides the usual professions of doctor, engineer or architect. Do try to explore other avenues available around you, at your place of residence. You can get relevant information from the following resources:

- ✓ Weekly magazine sections of many newspapers offer guidance on vocational choices, the preparation needed for them, the concerned institutions and how to get there.
- ✓ A number of career guidance websites are also available. You can refer to http://india.gov.in/citizen/career_guidance.php hosted by Government of India to assist young people in making informed career selection.
- ✓ Parents and employees from specific fields can give first hand knowledge about their careers.
- ✓ An internship or on the job training will also equip you with necessary job related skills.



TERMINAL EXERCISES

1. Explain the physical changes that are common to both adolescents boys and girls?
2. Differentiate between emotional and social changes during adolescence
3. Giving an example explain how positive self esteem helps in better performance.
4. How would systematic thinking help in choosing a career.
5. Read the case study of three friends below and answer the given questions,

Mani and Ronny met Adil at a marriage party. They try to convince Adil to drink He does not want to offend his friends and risk his friendship. However



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he does not want to drink and drive. He is in a delima, should he have alcohol with them or should he leave the party and go home?

- (i) What do you think Adil should do?
 - (ii) What should Adil do to convince his friends not to drink as they will have to drive back home?
 - (iii) How else can Adil’s friend celebrate? Please give atleast two suggestions
6. Your 9 year old brother is watching a violent film. In what ways can you help him select an appropriate program?
 7. Cite a situation where you experienced a conflict between what you wanted to do and what was expected of you. How did you resolve the situation?
 8. Educate your friends on how to be assertive when being forced to do things against their wishes.
 9. List various sources from where you can get information regarding your career.



WHAT YOU HAVE LEARNT





ANSWERS TO INTEXT QUESTIONS



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20.1

1. **Common signs**—increase in height and weight, hair in underarm and pubic area, increase in genitals.

Boys— Nocturnal emissions, increased muscular development, facial hair.
(Any two)

Girls— growth of breasts, menarche, broadening of hips.

2. (i) FALSE- they should be prepared beforehand so that they do not get shocked and are prepared / relaxed for the forthcoming changes.
(ii) FALSE – she can continue with all her normal activities.
(iii) FALSE- it can happen otherwise too as excess of semen flows out in sleep.
(iv) TRUE -Girls should eat iron rich foods.
(v) FALSE – she can get pregnant before her first periods as ovum is formed few weeks before the start of menstrual cycle begins.
(vi) TRUE -Genital hygiene is important for both boys and girls.

20.2

1. Option 3 is the best option. REASON- one should find out the reason instead of expressing anger as that would not solve the problem. May be by mistake her name was not there or she may not fulfill criteria for age bar.
2. Neha should ask them the reason for not allowing her. Understand their point of view. She should have not thrown her books, eaten her food and talk politely with all.
3. (i) Realize that certain physical aspects in you cannot be changed.
(ii) spend time analyzing your strong points and appreciate your strengths
(iii) do not indulge in self pity
(iv) eat healthy and exercise.
(v) take advice from a trusted friend or a trained counselor

**20.3**

1. Neha's role

- (i) confide in her parents
- (ii) see their point of view
- (iii) respect them and talk courteously
- (iv) participate in household chores with parents

Role of her mother-

- (i) involve her in family discussions and household chores
- (ii) share problems
- (iii) understand
- (iv) talk openly about the issues
- (v) counsel her

2. Any incidence where your parents one minute tell you that you are child but very next minute they expect you to behave adult like.

20.4

Complete the following statements giving appropriate reasons:-

- (i) STD, HIV, behind bars, any other
- (ii) prevents misunderstanding between both parents and children
- (iii) they go through the same phase and understand each other.
- (iv) it encourages healthy competition and boosts their ego.
- (v) they do not talk freely / do not respect each other.

20.5

- 1. (i) personal fable – think they are unique
 - (ii) imaginary audience - think everyone watching them
 - (iii) abstract thinking- can imagine impossible, which is not true
 - (iv) systematic – can take all factors in mind before planning anything.
2. reckless —because of personal fable where they think nothing wrong can happen to them. Refuse to wear a defective dress —as think everyone can see the defect even if it is not noticeable