

Question 1.

How is adolescence different from childhood?

Answer:

Adolescence differs from childhood in various ways:

<b>Adolescence</b>	<b>Childhood</b>
Independent and self-conscious nature.	Depends on parental assistance for basic needs.
Seeks company of friends to share feelings.	Learns through experimenting and communicating with others.
Makes decisions independently.	Depends on adults for supervision and support.
Experiences stress and strain.	Experiences less stress, focuses on making friends and gaining skills.
Experiences rapid growth.	Experiences comparatively slower growth.

Question 2.

Write short notes on the following:

a) Secondary sexual characters

b) Adam's Apple.

Answer:

a) Secondary Sexual characters:

Secondary sexual characters are external changes observed in boys and girls during adolescence. Examples include facial hair growth in boys, breast development in girls, and hair growth in the armpits of both genders.

b) Adam's Apple:

The Adam's apple is formed due to the elongation of the thyroid cartilage in the voice box or larynx. It protrudes from the front of the neck and is mainly caused by the male hormone testosterone during adolescence.

Question 3.

List out the changes in the body that take place at the age of adolescence.

Answer:

During adolescence, various changes occur in the body, including:

- Development of secondary sexual characteristics.
- Growth and maturity of the reproductive system.
- Increased activity of sweat and sebaceous glands, leading to acne and pimples.
- Changes in voice pitch and quality.
- Rapid growth in height and body size.

Question 4.

Match the following:

Testes ( ) a. Estrogen  
Endocrine gland ( ) b. Pituitary  
Menarche ( ) c. Sperm  
Female hormone ( ) d. First menstruation

Answer:

c  
b  
d  
a

Question 5.

Why acne and pimples are common in adolescents?

Answer:

Acne and pimples are common in adolescents due to increased activity of sweat and sebaceous glands, leading to the development of these skin conditions.

Question 6.

What can you suggest to your classmates to keep themselves clean and healthy?

Answer:

Suggestions for cleanliness and health include bathing regularly, washing all body parts and innerwear daily, and taking special care during menstruation.

Question 7.

If you have a chance to talk with a doctor, what questions would you ask about adolescent emotions and changes in the body?

Answer:

Questions to ask a doctor may include queries about developing positive emotions, overcoming negative emotions, and coping with physical changes during adolescence.

Question 8.

Some mobile phones have an auditory meter to measure the frequency of produced sound. By using this phone, measure your friend's voice frequency, one from each class VI to X. Report your findings.

Answer:

Refer to the provided table for the recorded voice frequencies of friends from different classes.

Question 9.

Write five suggestions to improve the performance of the Red Ribbon club of your school.

Answer:

Suggestions to improve the Red Ribbon club's performance include instilling life skills, promoting awareness about health aspects, and encouraging voluntary blood donations.

Question 10.

Prepare a three-minute speech on behavioral changes in adolescents.

Answer:

A speech on adolescent behavioral changes may include discussing their independence, decision-making abilities, stress levels, and social interactions.

Question 11.

Nature prepares the human body to reproduce generations. What do you think of it?

Answer:

Nature equips the human body, particularly females, for reproduction through the menstrual cycle and other physiological changes. This process ensures the continuation of human life on Earth.

Question 12.

You know that early marriage is a social taboo. Prepare some slogans to prevent this.

Answer:

- Avoid child marriage – Prevent childhood.
- Let a child be a child – stop child marriage.
- Child marriage – a losing game.
- Stop child marriage – stop child abuse.
- Childhood is not for motherhood.
- Let girls be girls but not brides.

Question 13.

13-year-old Swaroop always thinks of his height. Can he improve his height? What do you suggest to him?

Answer:

Swaroop can improve his height by consuming nutritious food and regularly exercising.

Question 14.

Are you angry with your parents? How do you wish your parents to be?

Answer:

When feeling unfairly treated by parents, adolescents may get angry. Ideally, parents should be supportive, advisory, friendly, and nurturing, guiding their children toward a bright future.

Question 15.

What are your expectations about your parents and teachers?

Answer:

Expectations from parents and teachers include being supportive, understanding, guiding, and providing suitable suggestions to help adolescents navigate through their challenges and uncertainties.

In-text Questions and Answers:

Question 1.

Some of you also may behave like this. Why?

Answer:

Adolescents may exhibit behaviors such as hoarse voice, restlessness, and disobedience due to the changes associated with adolescence.

Question 2.

Have you noticed that you are growing?

Answer:

Adolescents experience growth in height until about 18 years old, reaching their maximum height during adolescence.

Question 3.

Have you reached the age of "Adolescence"? (a) Is mustache growing on your upper lip? (b) Did your voice change? (c) Are hairs growing under the armpit? (d) Are there pimples or acne on your face? (e) Are you taking care of your face by applying powder and combing your hairs frequently? (f) Are you feeling shy when talking with the opposite sex? (g) Are you not interested in playing with the opposite sex as you have done earlier? (h) Are you showing restlessness while your parents suggest doing something?

Answer:

The answer to all the questions is 'yes' during adolescence, indicating changes in external and internal parts of the body.

Activities:

Activity 1: Observing Growth Rate

Question 1.

Observe the table and graph below and answer the following questions:

- i) What have you observed from the table?
- ii) When does growth in height nearly stop?
- iii) Which period of age is the fastest growing period for girls?
- iv) Which period of age is the fastest growing period for boys?
  
- v) Who grows faster? How can you say?

Answer:

- i) The table shows the height attained by boys and girls at different ages.
- ii) Growth in height nearly stops at around 17 years for girls and 18 years for boys.
- iii) The fastest growing period for girls is between 14-17 years.
- iv) The fastest growing period for boys is between 16-18 years.
  
- v) Girls grow faster than boys, as seen in the graph where girls reach their maximum height around 17 years of age.

Activity 2:

Question 2.

Form five groups in your class. Select at least 15 students. Collect body measurement data of the selected 15 students. Find the average body measurements for boys and girls separately.

Activity 3:

Question 3.

Read the following checklist. Put a tick mark (✓) next to the points that reflect your behavior.

Think & Discuss:

Question 1.

In what way is this kind of discrimination harmful to girls and women?

Answer:

Discrimination during menstruation leads to physical discomfort, mental distress, and hindrance to education and social interaction, affecting the overall well-being of girls and women.

Question 2.

How can it be considered impure or unclean despite being a biological phenomenon?

Answer:

Menstruation is a natural biological process necessary for reproduction. However, cultural beliefs and social stigmas label it as impure or unclean, perpetuating myths and affecting women's health and dignity.

Question 3.

What will be the future of our country if the young generation is trapped in unhealthy habits?

Answer:

If the youth engage in unhealthy habits like tobacco use, it can adversely affect their health and the nation's future. Proper guidance and education are crucial to prevent such habits and ensure a healthy future generation.