

# Physical Growth Adolescent

Pubertal Changes  
Sexuality  
Health

# Psychological Impact of Puberty

Adolescents worry more about appearance, girls more so than boys

Most girls moderately pleased, but irritated with inconvenience of menstruation

Moods associated with activity and social setting

Early maturation good for boys, not girls

# Sexual Behavior

By end of adolescence at age 20, most American teens have had intercourse

Sexual activity is influenced by attitudes of peers and parents toward sex

Teens more likely to have unprotected sex so more likely to get STDs

Few teens use contraceptives

# Physical Fitness

Most adolescents in U.S. rarely get enough exercise

Some get exercise through organized sports (football most popular with boys and basketball most popular with girls)

Sports participation can enhance self-esteem, teach initiative & teamwork

Injuries and drug use are negatives