

# Physical Growth in Adolescents

- Pubertal Changes
- Sexuality
- Health

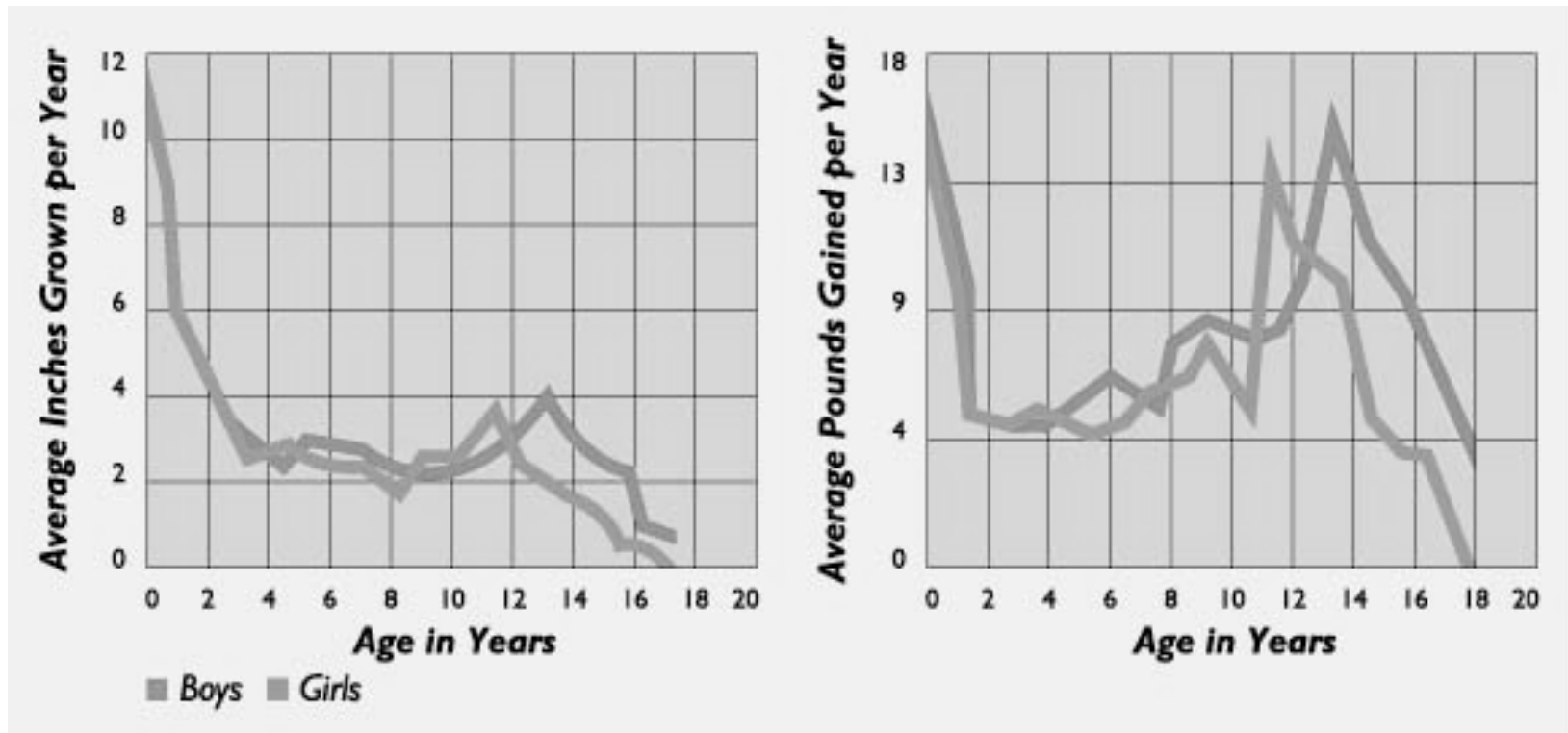
# Pubertal Changes

- Signs of Physical Maturation
- Mechanisms of Maturation
- Psychological Impact of Puberty

# Signs of Physical Maturation

- During adolescent growth spurt may gain 20-25 pounds in 1 year
- Increased body fat, particularly for girls
- Events and timing of sexual maturation differ for boys and girls

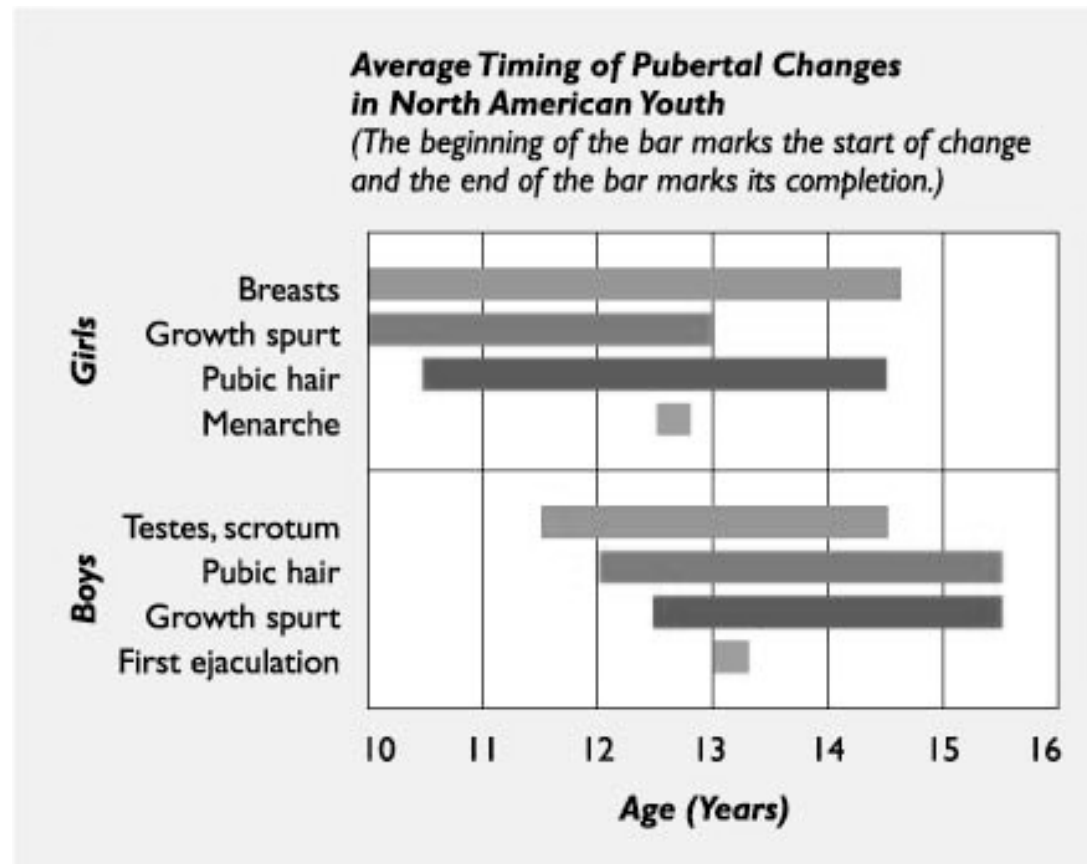
# Growth Charts



Height

Weight

# Timing of Pubertal Changes



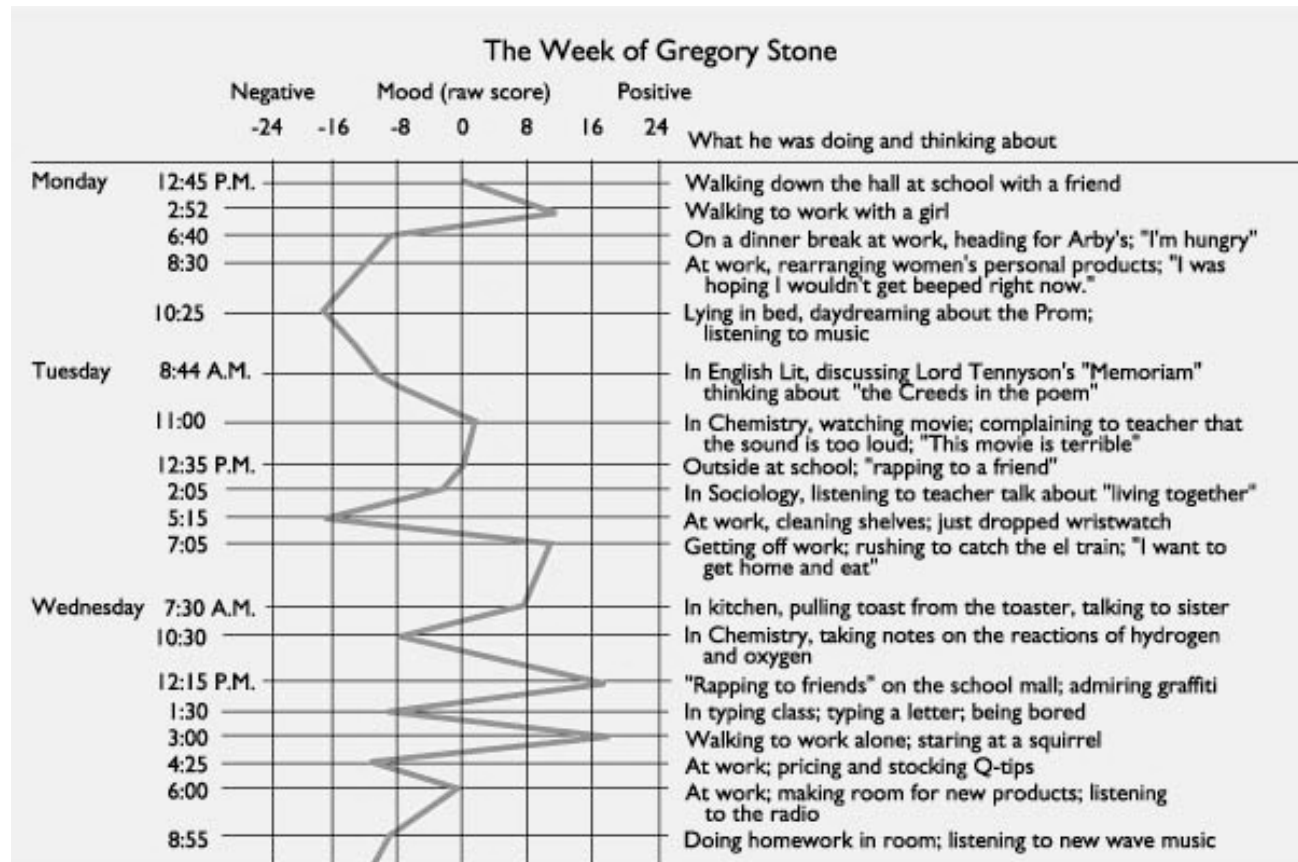
# Mechanisms of Maturation

- Pituitary gland signals other glands to release hormones
- Timing of puberty regulated by genes, but also influenced by nutrition and health (menarche early now than previously, earlier in industrialized countries than non-industrialized)

# 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

# Changes in Mood





# Sexuality

- Sexual Behavior
- Sexual Orientation
- Sexual Coercion
- A Final Remark

# 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

# Sexual Orientation

- 5% of teens in U.S. identify selves as homosexual
- Many gay adolescents wait until young adulthood to declare orientation
- Evidence that heredity and hormones influence sexual orientation

# Sexual Coercion

- Date or acquaintance rape: being forced to have sexual intercourse by a date or acquaintance
- Increased risk when the couple has been drinking, the female is dressed provocatively, or the couple has had sex previously

# Health

- Nutrition
- Physical Fitness
- Threats to Adolescent Well-Being

# Nutrition

- Many U.S. teens eat fast-food diets that are high in fat and sodium and lack calcium and iron
- Anorexia and bulimia: both primarily affect adolescent girls and are influenced by experience (cultural standards for appropriate body weight), family dynamics, and heredity

# 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

# Threats to Adolescent Well-Being

- In U.S., accidents with cars or firearms are most common cause of death in teens
- Patterns vary by gender and ethnicity
- When making decisions, teens more likely to emphasize social consequences (e.g., making a friend mad) instead of health consequences (e.g., arriving home safely)