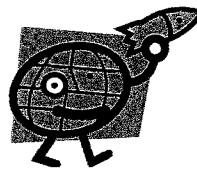


Name: Jen Lamney
Total points earned: 50/5
Put graded worksheet in class notebook-section: adolescents



Video: Teen Species Girls-class observations

1. Describe the puberty process and physical changes that occur in girls' bodies during this time: *growth hormones force bodies to change estrogen released into bloodstream. Develop breasts, grow taller, pubic & underarm hair. Period Starts*

2. Describe the emotional changes that occur in girls during this time:
Mood swings, they may be self-conscious, sort insecurity & possible loss of self-esteem

3. What causes these physical and emotional changes?

When the brain detects enough fat the body begins the puberty process - releasing estrogen in the body for girls.

4. What are the consequences?

Girls who develop at an early age are more prone to drug abuse & suicide. At this age teens & adolescents are worried about fitting in.

5. What purpose does adolescent fighting with parents serve? *-reset boundaries*

Changing estrogen levels can cause mood swings & aggression (usually verbal in girls) & Teens want independence &

6. While 60% of teenage girls feel they're overweight, only 11% in fact are. What are some teaching strategies or interventions you could begin to remedy this?

Emphasize being healthy through eating right & exercise. Encourage girls to have extra curricular activities

7. What else did this video and your class observations bring to light about young adolescent/teenagers for you?

Video: Mood swings are normal. Kids are worried about fitting in.

Class observations:

*Some girls in class seem very shy & self-conscious
Some girls are happy one day & withdrawn
& quiet the next class period.*



Video: Teen Species Boys, H.E.L.P. booklet and Middle Level Education Textbook

1. Describe the process of growth in boys. Include the physical, voice and emotional changes and side effects of this process. acne, facial hair pubic hair happens between 10-14 years old, feet start growing first, also hands clumsy, vocal chord change, rising testosterone, muscles grow become self-conscious, can have memorable scars that are long lasting
2. What is the impact of late development in boys? What could you do in your teaching to address this?
3. What are the effects of sleep deprivation in teenagers? What could you do in your teaching to address this? Not focusing in class - get them up and moving.
4. The H.E.L.P. booklet "How To Enjoy Living with a Preadolescent" states parents, lulled by the generally pleasant behavior of their fourth or fifth grader, begin to believe that this quiet period in life will last. They assume that adolescence, with its rebellion and "generation gap," is far away. What are some things to expect and ideas on how to support this middle school in these areas:

Forgetting: preoccupied with other issues, anxious about self & peers - ideas = white board = daily to-do list

Irritability: hormones cause mood swings - do not argue no one wins those fights

Power plays: more independence since they have little control

Friendships: encourage out of school activities, friends begin to replace family

Social Cruelty: will be teased at school - be a friend to your middle schooler

Chores: kids make excuses not to do chores start projects then finish - lack of energy, break big chores into small parts

Joys: great conversations, great ideas = hard to lose little child

5. textbook chapter two: List important points to remember about development of young adolescents:

Physical: changing at different rates - early bloomers & late bloomers both self-conscious

Intellectual: switching from concrete to abstract thinking abstract thinking takes longer

Emotional: growth spurts affect emotions - must learn how to handle emotional intelligence

Social: starting to get to know self & peers - will change based on their friendships

Character: - many students concerned with fairness