

Growth and Development

STUDENT NAME _____

DEVELOPMENTAL STAGE _____ REVIEW MODULE CHAPTER _____

EXPECTED GROWTH AND DEVELOPMENT

Physical Development

Girls: puberty begins around 8-13 and is completed in about 4 years
 Boys: puberty begins around 9-14 and completed in about 3.5 years
 -Estrogen: feminizing hormone that slowly increases until 11 years
 -Progesterone: prepares body for pregnancy by causing uterine lining to thicken
 -Androgen: masculinizing hormone
 -Menstruation- usually begins 2 years after first sign
 -Puberty delay: if breasts haven't formed by 13 years, if menarche has not occurred within 4 years of onset of breasts, no enlargement of testes or scrotum by 13/14, if genital growth not complete 4 years after testicles begin to enlarge

Cognitive Development

Psychosocial Development

11-14: wide mood swings, intense daydream. 15-17: withdraw when upset, difficulty asking for help. 18-20: anger more likely to be concealed

Age-Appropriate Activities

11-14 years: rapid body changes, decline in self esteem, desire to remain dependent on parents, no major conflicts over control from parents, upsurge of close friends, limited dating/intimacy. 15-17 years: self centered, major conflicts over independence, low point in parent-child relationship, strong need for identity to affirm self image, acceptance by peers extremely important, explore opposite sex, internal identification of gay/bi. 18-20 years: body image nearly secured, emotional and physical separation from parents completed, independence from parents complete, testing of romantic relationships, forms stable relationships, romantic pair involving commitment

Health Promotion

Immunizations

Health Screening

Nutrition

Injury Prevention