

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 line to thicken
 -Androgen: masculinizing hormone
 -Menstruation- usually begins 2 years after first sign

Cognitive Development

-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

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**