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Unit 5 Essay

Adolescence is a transitional period in the life of a human being, boy or girl. It starts around 10 to 12 years of age. This aspect of someone's age is always considered as their most turbulent time, and becoming very curious about everything; at this age individuals are always adventurous, curious, and full of energy. As human beings never stop growing, developing, and changing, in adolescence kids at that age experience tremendous change such as physical and physiological changes. Both aspects are important in everyone's life, and must be completed. Physical changes that happen in adolescence life; puberty often see as the most important marker of the beginning of adolescence.

Puberty can be defined as a rapid physical maturation which involves change in hormones and physical appearance that happen during early adolescence. Both boy and girl, it is shown differently in them, for boys it usually their voice changes by becoming bigger, stronger, and deeper; increase in penis and testicle size, appearance of straight pubic hair, growth of armpit hair, growth in height and weight. while for girls they will have their first menstruation and the breast will get bigger, hips become wider, they also increase in height and in weight. Although some changes are different between girls and boys however there are a lot of changes that are similar. Similarities between them are body odor, acne and more body. Physical changes in adolescence are mostly related to fertility.

One of the most common physiological changes that occur in adolescence is the growing concern for physical appearance. In that age girls and boys worry about how society sees them when it comes to looks, girls are usually more concerned about their bodies than boys are. They struggle with feelings of acceptance, belonging, and identity. According to my understanding I believe it is at this age everyone is trying to discover who they are, how to belong and please others, how to satisfy others, and feel accepted. It's all focused on their emotions and feelings.

2. Based on my own experience I believe that physical development around puberty cause more concern for individual more than other ages because it is around that period of time boys and girls body part start to develop more and become attractive to each other, In the stage of puberty, it bring more psychological and emotional confusion and guilty feeling among the children because that is the time they are dealing with self acceptance, exploration of their body, learning to love and appreciate their body. With that in mind in this age adolescents need to be properly oriented and made understood about the physical and emotional changes that puberty would bring along the way as they continue to grow and develop physically and physiologically. Puberty should be taken proper care in order to prevent future complications in development, by being vigilant and transparent with adolescents that would definitely help to prevent in women immature pregnancy, sexually transmitted disease, unhealth abortion, and other implication that may apply.

I believe puberty along with adolescence need attention because it is often right around this age both boys and girls are becoming very curious to do wild exploitation and discover what works with their body. Knowledge is the key to everything, kids that reach adolescence with no

knowledge about how their body works, what can do and can't do, what the consequences of some steps if they are taking them would be at risk, mostly female.

1. On the required question I feel like I cover the answer for this question as well, as a result of that I am just going to add up to it. Puberty basically starts from 12 years of age some kids start earlier like 10,11 till 18 years of age. Most young people usually reach their full adult height by the end of the puberty stage. Other physical changes might be Maturing of adrenal glands which are small, triangular-shaped glands located on top of both kidneys. They produce hormones that help regulate metabolism, immune system, blood pressure, response to stress and other essential functions, and sex glands.

Sex gland, can be called reproductive gland, it is a mixed gland that produces the gametes and sex hormones of an organism. For the female reproductive system they are called the egg cells, and in the male the reproductive cells they are the sperm.

Other major physical changes are primary and secondary sexual character and development, there could also be change in shape, weight and height as mentioned before.

5. Adolescents use alcohol and cigarettes as a distraction, they believe that the use of alcohol and smoking help to set them free from any situations that they might be facing at that time. Me personally I believe the use of both is not only a threat to their health but also they are a waste of time, and money, the reason I say that is because after they consume that amount of alcohol and nicotine in the cigarettes and become drunk couple hours and couple minutes later they regain their sense and still have to deal with the situation.

According to the book, both drinking and smoking are influenced by peer relations and lack of parents monitoring. Another fact mentioned in the book is that when adolescents eat

dinner with their family the rate of alcohol use and cigarettes use decrease because these teenagers that get the attention of their family do not have the pressure to either drink or smoke. As mentioned above cigarettes have a substance called nicotine that substances make smokers dependent, addicted. Although studies had proven that adults smoke more and drink more than adolescence however the effect on them did not decrease. Both alcohol and cigarettes are addictive products that could cause several vascular disease and other complications even death if over consume. The majority find it hard for smokers or a drinker to leave that habit because they become addicted and dependable on them.

7. Anorexia nervosa is an eating disorder that involves the relentless pursuit of thinness through starvation. This medical condition can cause fatigue, extreme weight loss and make the individual appear thin. It is not a joke it can lead to death, based on my own understanding I believe it is an illness that has to do with mental health. Patients that suffer that type of disorder never see themselves fit enough, for them they are always too fat and believe anything they eat can make them fat in a second. I believe that is the reason they starve themselves so they could stop gaining more weight.

Bulimia nervosa it's kind of the opposite of anorexia nervosa because for anorexia patients can control themselves from eating while bulimia they eat more than they can hold. Bulimia nervosa is an eating disorder in which the individual consistently follows a binge- and purge pattern. If I understand the definition in its context, individuals that suffer bulimia often consume large amounts of food without stopping, and in a short period of time.

Both of them are eating disorders, they are both common in females more than males, individuals that suffer either one of them might experience the feeling of cold. They both result

in poor calorie intake. In anorexia, the poor caloric intake is due to inadequate eating. In bulimia, the patient vomits soon after a meal without allowing for digestion and absorption.

18. Along with my own experience without any other background information peers could influence in a good way and bad way. According to the book peers play an important role in adolescence's life which bring different changes either in their friendship, peer groups, and their romantic life. Positive effect peers could have on each other is when at first both or all are on the same page and have the same values and morale. They could help each other become more focused on achieving their goal, or even set a goal together. Influence one or the other on becoming more responsible, independent, mature, stronger, more experienced, more open minded, respectful, and they can also improve their social life, romantic life, and family too as well.

For the negativity peers can destroy each other's life or destroy the other one's life. There is saying that say be careful of whom you chose for your friend cause that friend can make you or destroy you. Someone that would have a negative impact on someone else is someone that is negative to himself or herself and surrounded by bad apples. For instance an individual all he or she knows is being disrespectful to friends, family, elderly, and themselves has nothing else to offer to someone else other than rudeness. Another great example could be someone that always involve in drama, smoking, prostitution, gang, robberies, binge drinking, and other negative activities had nothing else to offer neither to peers, family or even the world that the exact same thing she or he is doing because what you have that's what you give. You can't give or project something that you don't have however if it's a type of situations that push someone on doing something negative and still the mind to do better but never being offered the opportunity that

individual can use his or her bad experience to help the peer becoming a better person and stop that friend from committing the same mistake as he or she.

24. Actually this question actually connected to me for the past couples months. I am dealing with some family issues. Well they are my friends and my friends family but I see them as my family too. On January 13 of this year my friends' family(aunt, cousins) had been evicted out of their apartment, as they are the only family my friends have and can count on. We take them in our own home. My friends cousins as she is oldest one has been dealing with a lot of pressure as a result of that her and her mother has been talking about suicidal alot, that oftenly broke my heart to hear them talk like as we did not create ourselves and we shouldn't take it way either. Honestly I try to be supportive as best that I can, like talking to them about a shared bad experience that I was through so they could understand that life is not just about happiness but its a combination were sometimes joy will come and struggles, sadness will come too. I always ask them how they feel and try not to let them isolate themselves or listen to bad music. Whenever they mention they want to die I try to give them moral support, play funny movies, joke around with them.

What I don't do is I don't try to pressure them to make decisions, I don't talk about what happens so they feel overwhelmed, I try to make them feel comfortable at home the best that I can. I respect them. I avoid giving them any type of attitude so they don't feel it's because they are at my house. One thing for sure that has impacted me a lot, this situation has affected me emotionally, physically, mentaly, and even affected my school. I am a type of person that always willing to help but when I don't know what to do I become frustrated, and stress, as for now me and my friends are moving to another apartment cause our lease over but we can't take them

with us because we will be too much because me and friends alone already three them they are a family of four, the husband, mother the daughter which is the oldest and the little brother. As am talking now I have no idea where they are going after we leave. The oldest one is the only one working. Sometimes I really reach I know what more to do for someone in that stage.

21. Rite of passage is a ceremony or event marking an important stage in someone's life, especially birth, puberty, marriage, and death. For my own experience when I never had that type of ceremony. For my birthday my family might just cook something special than usual for me and that would have been all. When I move over here I just work cause I am not living with family so I have to provide for myself and make my own decision. I have been alone since 2015 till present time. The only thing I could think of is two years ago for one of my friend's birthdays I took them out on bowling, and a korean restaurant that they always dream of going to.