

1. Physical and Sexual Development

a. Understand

List at least four perils of puberty (boy or girl) and in a sentence describe the peril:

i.

ii.

iii.

iv.

b. Reflect



Reflect on the extent to which you help adolescents cope with the physical changes they are going through during adolescence:

Never Seldom Sometimes Often Always

"I accept teens as they are and do not relate to them on the basis of how they look."

"I do not draw attention to physical traits or performance, even in a light hearted way."

"We discuss and expose society's unrealistic standards for physical appearance."

"We teach young people about the physical and sexual changes that occur during adolescence."

"We discuss sexual activity and responsibility and offer Biblical guidelines."

"We avoid activities that disadvantage or embarrass less developed teens."

c. Apply

Look through a teenage magazine. Identify the “messages” it gives to young people about physical appearance and sexuality. Describe the impact you believe these messages have upon the developing adolescent (Minimum 100 words):

