

16강. Puberty

▶ Script

A new study in pediatrics followed a group of boys over several periods of time and looked at how they went through puberty. And, what they found is that the average age of boys going into puberty appeared to be a little bit earlier than what people used to think. When they looked at the African American boy compared to the white as well as the Hispanic, the African American went into puberty a little earlier. The studies for girls are pretty well-established. But, this is really one of the first studies to show that boys might be going into puberty a little bit earlier compared to historical data. Some of the different causes that could cause someone to go into puberty early is what we eat and what we are exposed to. Experts say parents should just do what they have been doing, which is continue to have a talk.

▶ Translation

소아과관련 새로운 연구는 몇 번의 기간에 걸쳐 한 집단의 남자아이들을 추적했고 그들이 어떻게 사춘기를 겪는지 관찰했습니다. 그리고 그들이 발견한 것은 사춘기에 들어가는 남자아이들의 평균 연령은 사람들이 과거에 생각했던 것보다 좀 더 이른 것으로 나타났습니다. 백인과 히스패닉과 비교해서 흑인 아이들을 보았을 때, 흑인 아이들이 조금 더 일찍 사춘기에 들어갔습니다. 여자아이들에 대한 연구들은 잘 정립 되어있습니다. 그러나 이것은 정말 남자아이들이 기존의 데이터와 비교해서 좀더 일찍 사춘기에 들어갈지도 모른 다는 것을 보여주는 첫 번째 연구들 중 하나입니다. 일찍 사춘기에 들어가는 몇 이유들 중 하나는 우리가 먹는 것과 노출된 환경입니다. 전문가들은 부모들은 그들이 해오던 대로 아이들과 계속 대화를 하면 된다고 말합니다.

▶ Vocabulary

- study 연구
- pediatric 소아과
- puberty 사춘기
- historical 역사적인
- cause 원인
- several 다양한
- through ~를 통해
- well-established 기초가 확립된
- different 다른
- parent 부모님

16강. Puberty

▶ Script 2 (연음, 강세표기)

A NEW study in pediAtrics followed a(DA) GROUP of BOYS over SEVERAL periods of TIME and LOOKED at(DAT) HOW THEY wen(t) through PUBERTY. And, WHAT they FOUND is that the AVERAGE age o(f) BOYS going into PUBERTY APPEAR(ED) to be a little bit EARLIER than WHAT people USE(D) to THINK. When they LOOKED at(DAT) the AFRICAN AMERICAN BOY compare(d) to the WHITE as well as the HISPANIC, the AFRICAN American went into PUBERTY a LITTLE earlier. The STUDIES for GIRLS are pretty WELL-esTAblished. But, THIS is really ONE of the FIRS(T) studies to show that BOYS MIGHT be going into PUBERTY a LITTLE bit EARLIER compare(d) to HISTORICAL data. SOME of the differen(t) CAUSES that could CAUSE someone to go into PUBERTY EARLY is WHAT we EAT and WHAT we are EXPOSE(D) to. EXPERT(S) say paren(ts) should JUS(T) do what they HA(VE) been DOING, WHICH is CONTINUE to have a TALK.