\_\_\_\_1\_\_\_\_ is a phase in human development which comes with noticeable changes in some parts of the body. During this period, it is important for children to take good care of themselves and observe good personal hygiene.

\_\_\_2\_\_\_ is the period of change from childhood to adulthood. It is the period which marks the beginning of sexual maturation. That is, the stage of development in an individual, when the reproductive organs become mature and begin to function. It usually occurs between \_\_\_3\_\_\_\_ and fourteen years of age, but it could sometimes occur earlier than twelve years.

Some changes occur in the physical appearance of children during puberty, some of the changes are:

The voice begins to break and gets \_\_\_\_\_4\_\_\_\_\_.

Hair begins to grow on different parts of the body such as the \_\_\_\_5\_\_\_\_, public region, beard around the jaw, mustache above the top lip.

The shape of the body changes, becoming masculine in appearance.

The \_\_\_\_6\_\_\_ becomes longer and thicker, while the scrotum becomes larger and firmer.

Wet dreams occur, this is the flow of semen from the body during \_\_\_\_7\_\_\_\_\_\_.

The \_\_\_8\_\_ bud develops in female.

Hair begins to grow in the \_\_\_9\_\_\_ parts and in the armpit.

Mensuration starts and is every \_\_\_10\_\_\_\_\_.

The body changes shape so that the waist becomes smaller and the hips becomes \_\_\_11\_\_\_.

\_\_12\_\_\_\_\_appear on the faces of some girls.

\_\_\_\_\_13\_\_\_cycle includes the days when bleeding occurs and the interval between each menstrual period. In most girls or women, the cycle varies in length from 24 days to 34 days, and an average of 28 days.

Menstrual \_\_\_\_14\_\_\_ is the process of keeping the body exceptionally clean during menstruation. This can be achieved by: Bathing regularly, at least twice a day, during menstruation is important. Use good absorbent disposable \_\_\_15\_\_\_\_\_ pads, towels, and pant, which should be changed as soon as they are soiled. Use talcum \_\_\_16\_\_\_ or Vaseline when the thighs itch. Used pads should be properly disposed immediately, by wrapping it in an old newspaper and throwing it into the dustbin, waste basket or in a pit latrine if available. Clothing should be changed daily especially \_\_17\_\_\_ wears. Clothes used during this period should be washed often, especially under wears.

Bathing regularly, at least twice a day, during menstruation is important. If much pain is felt during this period, visit the nearest clinic or hospital. The treatment is easy a effective if it is obtained early.

Hygiene is the practice of promoting or preserving \_\_\_18\_\_\_\_. This includes personal hygiene which requires cleanliness of the various parts of the body. At puberty, changes occur in the body, different glands and \_\_\_\_19\_\_ are working very hard due to the changes in the body system. As a result of this development, body odour may occur.

Body odour is an unpleasant \_\_\_20\_\_\_\_ that comes from the body. Causes of Body Odour include poor menstrual \_\_\_\_21\_\_\_and Non-use of \_\_\_\_22\_\_\_by people who sweat a lot. Importance of personal hygiene Maintaining good personal hygiene is important because: It helps to prevent body \_\_22\_\_\_\_\_. It prevents skin diseases and \_\_\_\_23\_\_\_ .

\_\_\_\_23\_\_\_\_is the period in every person’s life that lies between the end of childhood and the beginning of adulthood. This is a period when you prepare to be an adult.

An adolescent is a boy or a girl that is passing through the adolescence \_\_\_\_24\_\_\_.

Adolescent boys and girls generally: Try to gain independence from their \_\_\_\_25\_\_\_parents; Feel hungry easily. They are growing \_\_\_26\_\_\_. They therefore need extra food. Become self- conscious. They may bother about their appearance. Could start being attracted to the opposite \_\_\_\_27\_\_\_. Have\_\_\_\_28\_\_ changes that is they can be anxious, moody, or irritable.

**Special needs and challenges of adolescence**

These challenges are \_\_\_29\_\_\_\_which the adolescence often face. The adolescents are neither children nor adults. They often have problems as they relate to their parents and other people. Their challenges include:

**Adjustment**: They have problems adjusting to their physical changes. For instance, the girl must cope with enlarged \_\_\_30\_\_\_\_ and mensuration. The boy's copes with changed voice and bigger penis. They are often uncomfortable, clumsy, and anxious.

**Status**: They want to behave like adults, yet they are not fully adults. Boys may try to smoke and girls try putting on makeup.

**Independence**: Adolescents often want to do things their own way. They do not like to be directed or\_\_\_40\_\_\_ by their parents or other adults. This is often a source of problems.

**Need** **for** **achievement**: Adolescent wants to excel. When they fail, they become \_\_\_\_41\_\_\_\_. Peer Pressure: They often want to go along with their peers. There could be negative influences from peer group, for instance, in dressing, in feeding, and expression of sexuality

**Physical** **needs**: They arise because of physical changes going on in the adolescent. These needs include: \_\_\_42\_\_\_ diet food needed for proper development ii. New clothes to replace outgrown old ones iii. Girls will need brassiere as their \_\_\_\_43\_\_\_\_\_develop.

**Needs** **for** **parental** **understanding**: Parent should: Understand what their adolescent children are passing through

Be more tolerant Meet the needs of the adolescents within the limits of available resources. Communicate freely with adolescent Advice and \_\_\_44\_\_\_\_\_ the adolescent

\_\_\_\_45\_\_\_\_ are diseases that affect male and female persons and contacted mostly through intercourse. They include \_\_\_\_\_46\_\_\_\_ **and SYPHILIS**

Control includes \_\_\_47\_\_\_\_\_ i.e., not having sex at all.

Human Immuno-Deficiency Virus also known as \_\_\_\_48\_\_\_ (HIV) is the type of virus which destroys the human system and make it easy for diseases to attack it. It is the cause of Acquired Immuno-Deficiency Syndrome also known as \_\_\_49\_\_\_\_. It can be contacted through the following ways: a. Sexual \_\_\_50\_\_\_\_\_. Blood \_\_\_51\_\_\_\_\_. Sharing of a \_\_52\_\_\_\_\_ with HIV/AIDS patients during injection. Sharing of any sharp object like\_\_\_53\_\_\_\_\_blade, pin with an infected person. Blood contact with the blood of a person with HIV/AIDS through a cut during\_\_54\_\_\_\_\_of a child’s private part, manicure, pedicure, barbing or a wound sustained in an accident.

Symptoms: The patient has prolonged headache and high temperature with \_\_\_\_\_55\_\_. There is loss of \_\_56\_\_\_\_to food by the patient. The patient losses \_\_\_57\_\_\_ on the head.

\_\_\_\_\_58\_\_\_\_\_\_ is the practice whereby people use medicine or drugs without the official advice of a doctor.

Effects of Self Medication Self-medication can destroy the \_\_\_59\_\_\_\_ of the male and thereby make him become infertile.

FUNDAMENTAL HUMAN RIGHTS AND RIGHT OF A CHILD are the right are \_\_\_60\_\_\_\_ and benefits that are guaranteed to people by law. A right is a statement that reflects a natural due, a moral claim and a legal entitlement.

Fundamental Rights of every Nigerian Citizen is entrenched in the Nigerian \_\_\_\_\_\_61\_\_\_\_prevent arbitrary use of power. Right to \_\_62\_\_\_\_: No person shall be deprived of his/ her life intentionally. Right to dignity of human person: No person shall be subjected to torture or to inhuman \_\_\_62\_\_\_\_ or be held slavery or any form of servitude.

Right to \_\_\_63\_\_\_\_ and family life: The privacy of citizens, their homes, correspondence, telephone conversations is guaranteed and protected. Right to freedom of thought, conscience, and \_\_\_\_64\_\_\_\_\_: This does not entitle any person to form, take part in the activity or be a member of a secret society; Right to freedom of expression and the press: Every Nigeria is free to \_\_\_\_\_65\_\_\_\_ him/herself.

Right to peaceful assembly and association: Every person shall be entitled to assemble freely and \_\_\_\_\_66\_\_\_ with other persons. Right to freedom of movement: Every citizen of Nigeria is entitled to move freely throughout Nigeria and reside or \_\_67\_\_\_\_ in any part thereof. Right to freedom from discrimination: No citizen of Nigeria is expected to be discriminated against sex,\_\_\_68\_\_\_\_\_, or political opinion. Right to acquire and own immovable property anywhere in Nigeria.

Right of the child

A child has the right to life. A child has the right to survive. A child has the right to develop. A child has the right to \_\_69\_\_\_\_\_ actively in the promotion of his/her rights.

**Family needs**: These are very essential for the well-\_\_\_70\_\_\_\_ of every family.

Every family has various needs ranging from physical, emotional, mental to \_\_\_71\_\_\_needs. Examples are food, shelter, clothing, etc.

**Family wants:**  The realization of these wishes depends on the family's scale of \_\_\_\_72\_\_\_\_\_\_.

**Family goals:** Family goals are set objectives or \_\_73\_\_\_\_ which a family is working to achieve.

**Family standards:** Family standards are the level of value, \_\_\_74\_\_\_or quality which a family places on something, A family with high standards places high value on things and a family with low standards places low value or worth on things. All these affect a family's lifestyle.

# TYPES OF NEEDS, GOALS AND STANDARDS

Types of family needs include:

1. Primary or \_\_\_75\_\_\_\_\_\_ needs.
2. Secondary needs.

**1. PRIMARY NEEDS**

These needs include food, shelter (housing), clothing and \_\_\_\_\_\_\_76\_\_\_\_\_medical care.

# SECONDARY NEEDS

The secondary needs are not ad important as the primary needs. They depend on the socioeconomic status of the family. One can survive without the secondary needs. Each family desires to have the secondary needs. The secondary needs include education, flashy \_77\_\_\_, picnics, assorted clothes, personal allowance or pocket money, etc.

# TYPES OF GOALS

Goals are grouped according to the time of their attainment. They include:

1. **Long-term goals:** These are the goals that take a long time to achieve. Examples are: building a \_\_78\_\_\_\_\_, buying a car, becoming a medical doctor, etc.
2. **Intermediate or short-term goals:** Short-term goals take less time to achieve. For example, providing food for the family, attending to social activities, etc.

**iii. Immediate or instrumental goal**s: These goals are simple and immediate goals which a family achieves within a very short period. Examples are: going to the market, attending to babies, preparing for school, etc.

# TYPES OF STANDARDS

Family standards include:

i. good education.

ii. Proper moral upbringing of children.

iii. Proper management of Scarce resources.

iv. The use of professional services for good health.

v. Peace, love, freedom, truth, togetherness.

vi. Absolute cleanliness of the home and the environment.

vii. Good cultural background.

viii. Moderation in the things of life e.g., \_\_\_79\_\_\_\_\_ code or appreance, eating. etc.

# Meaning and Types of Family Resouces

Family resources are those things at the family's disposal, used to \_\_\_\_\_80\_\_\_\_\_ their needs and reach their goals in life.