

Health

Quarter 1 – Module 3: Changes that Happen to Adolescence



Health – Grade 7
Alternative Delivery Mode
Quarter 1 – Module 3: Changes that Happen to Adolescence
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Health

**Quarter 1 – Module 3:
Changes that Happen to Adolescence**

Introductory Message

This Self-Learning Module (SLM) has been prepared for you so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

This SLM is composed of different parts. Each part will guide you step-by-step as you discover and understand the lesson prepared for you.

In this SLM, a pretest is provided to measure your prior knowledge on the lessons in it. The result of it will tell you if you need to proceed on completing the activities in it or if you need to ask your facilitator or your teacher's assistance for better understanding of the lessons in it. At the end of this SLM, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

Please use this SLM with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any question in using this SLM or any difficulty in answering the activities in it, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

Hello learner. Are you healthy? How do you know if you are really healthy? A person needs to be healthy in order to function well in his everyday tasks.

In this module you will be given activities related to holistic health so that you will understand more of the changes happening to you as an adolescent.

After working on this module, you are expected to:

- recognize that changes in different dimensions are normal during adolescence. (H7GD-Id-e16)
- describe changes in different aspects of growth that happen to boys and girls during adolescence.



What I Know

Pre-Test

I. Multiple Choice

Directions: Write the letter of your chosen answer in your activity notebook.

1. What type of change in health dimension is happening when adolescents experience a change in their moods?
 - A. Emotional change
 - B. Social change
 - C. Physical change
 - D. Mental change

2. How can an unpleasant body odor due to active secretion of sweat glands be prevented?
 - A. Change clothes more often.
 - B. Shave the hair of the armpit.
 - C. Take a bath regularly.
 - D. Use perfume to hide odor.

3. Which of the following is NOT a physical change?
 - A. Muscles grow.
 - B. Hair grows in the underarm and pubic area.
 - C. The voice becomes deeper
 - D. Easily gets offended.

4. Which of the following is NOT a physical change?
 - A. Erratic emotions and behaviors.
 - B. Rapid increase in height and weight.
 - C. Active sweat and oil glands become more active.
 - D. Sudden increase in hormone production.

5. What skills will help you get along well with other people?
 - A. Coping skills
 - B. Decision making skills.
 - C. Problem solving skills.
 - D. Social and communication skills

6. What is the best way to improve your moral-spiritual well-being?
 - A. Choose friends who share the same interest with you.
 - B. Get adequate rest and sleep.
 - C. Show respect and affection for others.
 - D. Spend quality time with your family and friends.

7. In which dimension of holistic health does going to church and attending mass with your family belong?
 - A. Physical
 - B. Mental
 - C. Emotional
 - D. Spiritual/Moral
8. Which of the following is NOT a social change?
 - A. Join dancing program with friends.
 - B. Keep a positive attitude.
 - C. Remain aware of your thoughts and feelings.
 - D. Accept your individual uniqueness.
9. Which signals the possibility of fertility among women?
 - A. Menarche
 - B. Ejaculation
 - C. Menstruation
 - D. Hormones
10. What period in life is when a child develops into adulthood?
 - A. Puberty
 - B. Adolescence
 - C. Adulthood
 - D. Infancy

II. Identification

Directions: Identify whether the following statements refer to Social, Emotional, Physical, Moral/Spiritual, or Mental change. Write your answer on the blank provided before each number.

1. They enjoy being with friends.
2. They are prone to participate in risky behavior.
3. They have postural changes.
4. They learn to question what others will say.
5. They are more responsive towards stress.

Lesson 1

Changes that Happen to Adolescence

Are changes normal? As an adolescent, you experience changes. In your everyday tasks you might encounter these changes, which are normal as you grow older. Understanding of this concept will help you cope in your daily task.



What's In

This task will assess what you have remembered from your previous module about human development. Are you ready to work on it?

Crossword Puzzle

Encircle the group of letters to form a word related to HUMAN DEVELOPMENT. The letters are arranged vertically, horizontally, and diagonally. There are eight (8) words in the puzzle.

A	E	A	R	L	Y	C	H	I	L	D	H	O	O	D	A
D	A	D	A	K	D	F	D	N	A	D	E	A	L	A	S
H	S	U	L	L	H	J	E	F	H	O	L	S	O	M	C
L	Y	L	L	O	L	Q	M	A	O	L	D	U	P	E	H
L	L	T	O	O	O	U	J	N	P	L	L	K	Q	S	O
Y	A	H	D	P	R	E	S	C	H	O	O	L	R	V	O
B	B	O	O	P	J	I	G	Y	A	A	A	O	S	I	L
O	M	O	P	A	Y	O	U	N	G	A	D	U	L	T	A
E	A	D	M	N	C	L	A	P	A	E	U	J	U	L	G
I	I	T	A	N	N	M	L	W	K	O	B	S	V	T	E
J	O	O	A	L	A	A	R	M	O	L	D	A	G	E	H
M	N	M	N	O	E	O	E	A	D	I	L	N	N	A	S
N	N	M	R	P	O	P	P	O	J	A	A	E	P	R	J
I	E	A	U	A	D	O	L	E	S	C	E	N	C	E	K

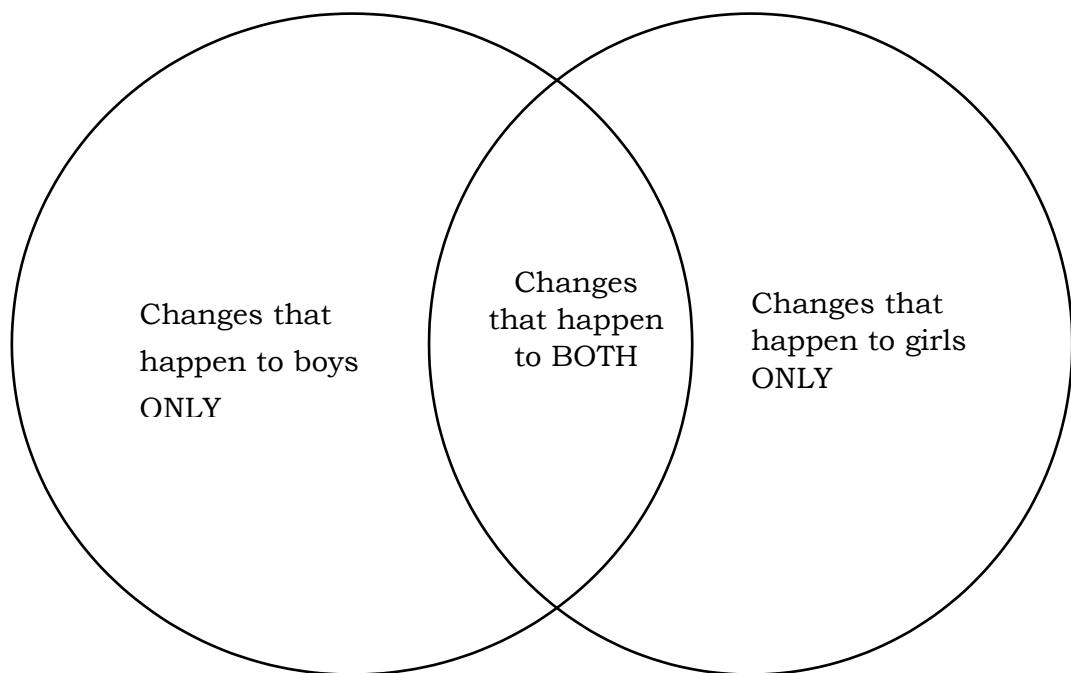


What's New

This activity shows that there are common and unique characteristics among boys and girls.

Is this me?

Write the changes that happen to boys on the left circle and changes that happen to girls on the right side. While on the center area of the circle, write the changes that may happen to both boys and girls. Choose your answer from the box below.



Hair grows on the genital region.

The hips become wider than the shoulders.

The voice becomes deeper.

Muscles develop rapidly

Breasts develop.

The Adam's apple becomes bigger.

Have you gotten them all correctly? If your answer is No, don't worry the next lesson will give you understanding of the changes that may happen to adolescents like you as you grow older.



What is It

Have you noticed that there are changes happening to you? Can you give some examples of these changes? Are these changes necessary as you grow? Read the following to understand more.

Reading is Learning

Adolescence comes with a fair share of changes. These transformations can be physical, mental, emotional, social, and moral-spiritual.

A. Physical Changes

The physical transformations observed during adolescence are, in most cases, the result of hormonal changes as the teenager's body is transformed from child to adult. This phase, called puberty, starts between the ages of 9 and 16 and usually ends between the ages of 18 and 22.

These are some of the general changes that happen to adolescent boys and girls during puberty.

- There is a rapid increase in height and weight. Boys experience this usually two years later than girls.
- Changes happen in the circulatory and respiratory system. The heart and lungs grow bigger and work better, although the increase is more in boys than in girls.
- In body composition, muscles develop rapidly, although boy's muscle grow faster than girls. Body fat increases, although the increase in girl's body fat is more than boys.
- The reproductive organ of both boys and girls grows and develops.

Primary sex characteristics are changes directly related to sexual reproduction. The reproductive organs of both boys and girls grow and develop. The boys experience their first release of seminal fluid or ejaculation from the penis. The girls experience menarche or the onset of menstruation which signals the possibility of fertility among women.

Secondary sex characteristics are changes not directly related to sexual reproduction.

Table 1. Changes that Happen to Adolescence

Boys	Common Changes	Girls
<ul style="list-style-type: none"> The voice becomes deeper. Adam's apple becomes bigger. The shoulder becomes wider than the hips. The hair grows on the face and body. The skin on the upper arms and thighs becomes rough. 	<ul style="list-style-type: none"> There is rapid increase in height and weight. The head, hands and feet grow faster first, then the arms and legs. Muscles develop rapidly. Hair grows on the genital region. There is a rapid increase in hormone production. The bones develop and becomes harder. Sweat and oil glands become more active 	<ul style="list-style-type: none"> Breasts develop. The hips become wider than the shoulders. The hair grows on the under arm.

B. Mental or Intellectual Changes

Studies have shown that the brain makes significant changes as a child grows through puberty into adulthood. As a child becomes teen, he or she is more able to think abstractly, and more importantly, more able to empathize with others. Here are some of the changes an adolescent might experience:

- Adolescents are egocentric. This means caring too much about yourself and not about other people. They argue to convince, exhibit independent and critical thought.
- Adolescents prefer active and cooperative learning activities over passive learning experiences.
- Adolescents enjoy learning skills to apply to real life problems and situations.
- Adolescents have a tendency to become bored with routine activities: they need to be challenged.
- Adolescents are capable of thinking critically helping them understand issues and concerns about their development.
- Adolescents think less of themselves, allows them to think and reason out better.
- Adolescents have the abilities to control and coordinate their thoughts with their actions and deeds.
- Adolescent students focus attention on what they want to listen to. They can also focus their attention on two or more things at the same time.

C. Emotional Changes

This is one of the important dimensions of health. This includes both positive and negative reactions as follows:

- Erratic emotions and behaviors, mood swings are mostly experienced and felt.
- Emotions that are frightening and poorly understood, often triggered by hormonal imbalance, may cause regression and more childish behavior patterns.
- As part of being moody and restless, they are introspective and often feel self-conscious, alienated, and lack of self-esteem.
- Adolescents are easily offended and sensitive to criticism, vulnerable to one-sided arguments and criticism
- Adolescents are being optimistic and hopeful, searching for adult identity and acceptance.
- Adolescents exaggerate simple occurrences and believe that personal issues are unique to themselves.
- Adolescents believe that nobody understands them, striving for a sense of individual uniqueness and search for their identity.
- Adolescents are more emotional and makes them open to being hurt or in danger.
- Boys are also sexually active: thus, they are prone to participate at risky behavior due to the sudden increase in the manufacture of hormones.
- Girls become self-conscious because of the changes that are happening to them, giving them a feeling of insecurity and discomfort.
- Early maturing boys are usually taller and stronger; they have good body image, so they are more confident, secure and independent.

D. Social Changes

Social wellness refers to your ability to interact with people, respect yourself and others, develop meaningful relationships and develop quality communication skills.

- The adolescent may act out unusual or drastic. At times, he/she may be aggressive, daring, boisterous and argumentative.
- Adolescents are being rebellious towards parents, but still strongly depend on parental values.
- Adolescents have negative interactions with peers, parents, and teachers. They may compromise ideals and commitments.
- Adolescents distrust relationship with others who show lack of sensitivity to adolescent needs.
- Adolescents enjoy with friends, who share the same interests with them so they stay longer with them after school.
- Adolescents are confused and frightened by new school settings that are large and impersonal.
- Adolescents are loyal to peer values, sometimes cruel and insensitive to those outside the peers.

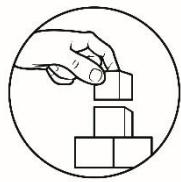
- Adolescents idolize peers and media role personalities as sources for standards of behavior, dress and style.

E. Moral- Spiritual Changes

Adolescents on this stage, analyze themselves and find out who they are. They explore moral and ethical issues.

- They explore and ask broad unanswerable questions about the meaning of life.
- They are reflective, introspective and analytical about their thoughts and feelings.
- They depend on influences of home and religious institutions for moral and ethical choices and behaviors.
- They analyze strengths and weaknesses to understand and accept themselves better.
- They learn house rules imposed by parents to promote order and harmony.
- They distinguish between rules that are negotiable from the non-negotiable.

What did you feel after reading the information? Do these things happen to you? How did you handle your experiences? Did you learn from them?



What's More

Activity 1. Point Out!

Fill in the boxes with correct letters to complete the word being described. Some of the letters are done for you as clue.

P							
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1. It is a phase that starts between the ages of 9 and 16.

							Y
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2. It is a sex characteristic that has direct relation to sexual reproduction.

	E							
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3. It is a sex characteristic not directly related to sexual reproduction.

M								
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4. It is the first menstrual period.

A						S				
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5. It starts with puberty.

Activity 1.2 Time to choose

Directions: Write TRUE if the statement is correct; if not, write FALSE. Write your answer on the space before each number.

- _____ 1. Adolescents are very self-conscious.
- _____ 2. Friendship during stage of puberty is important.
- _____ 3. Puberty is the result of hormonal changes.
- _____ 4. Secondary sex characteristics refer to the changes directly related to sexual reproduction.
- _____ 5. Changes during puberty period is normal.

Activity 1.3 Check it now!

Answer the following questions on your notebook in two sentences.

What are the transformations that happen to you on these changes?

- A. Physical change
- B. Emotional Change
- C. Social Change
- D. Moral/ Spiritual Change
- E. Mental/ Intellectual Change



What I Have Learned

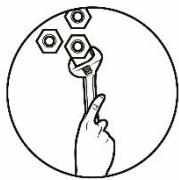
You are now to summarize your understanding about the changes that may happen as you go through the period of adolescence.

Fill me up

Fill in the blank with the correct word or phrase to complete the thought of the paragraph.

Overall, good health and wellness are inter-dependent on five health dimensions. These are _____, _____, _____, _____, _____. These changes are normal part of growth.

These changes happen during _____. Health concerns or problems should be dealt properly to prevent _____ consequences.

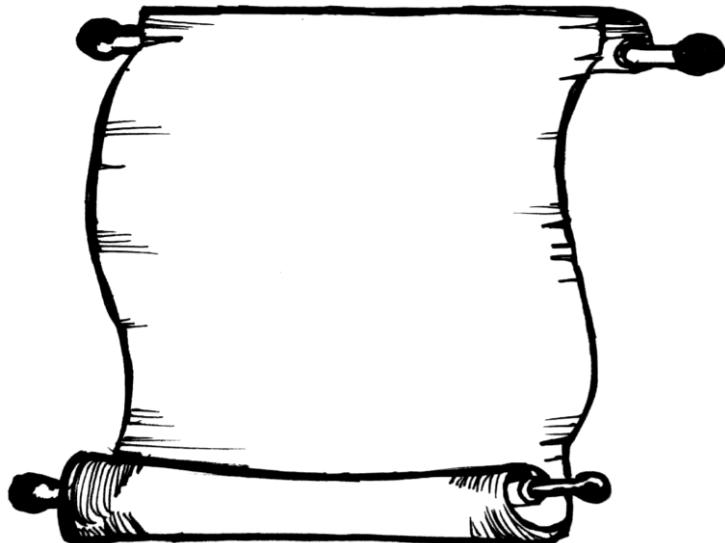


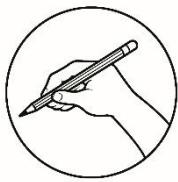
What I Can Do

You have already learned about the different changes that happens to an adolescent like you. Now it's time for you to deepen your understanding by making a diary. Ready? Try this now.

Dear Diary

Do you have a diary? Have you written a diary before? Write in your diary the changes that you have observed as you enter the life of an adolescent.





Assessment

Post-Test

I. Multiple Choice

Directions: Write the letter of your chosen answer in your activity notebook.

1. What period in life when a child develops into adulthood?
 - A. Puberty
 - B. Adolescence
 - C. Adulthood
 - D. infancy

2. How can an unpleasant body odor due to active secretion of sweat glands be prevented?
 - A. Change clothes more often.
 - B. Shave the hair of the armpit.
 - C. Take a bath regularly.
 - D. Use perfume to hide odor.

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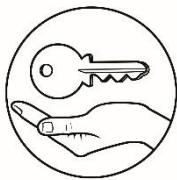
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 - B. Keep a positive attitude.
 - C. Remain aware of your thoughts and feelings.
 - D. Accept your individual uniqueness.
8. In which dimension of holistic health does going to church and attending mass with your family belong?
 - A. Physical
 - B. Mental
 - C. Emotional
 - D. Spiritual/ moral
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 - C. Menstruation
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 - B. Social change
 - C. Physical change
 - D. Mental change

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Directions: Identify whether the following statements refer to Social, Emotional, Physical, Moral/Spiritual, or Mental change. Write your answer on the blank provided before each number.

1. They have postural changes.
2. They are prone to participate in risky behavior.
3. They enjoy being with friends.
4. They are more responsive towards stress.
5. They learn to question on what others will say.



Answer Key

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