

## Psycho-social Changes during Adolescence

- Eagerness to experiment and learn new things
- Increased attention towards own appearance and looks
- Desire to become independent and be treated with respect by parents and other adults
- Desire to make new friends and to socialize
- Increasingly influenced by peers
- sexual awareness and attraction
- Mood swings & emotional instability – frequent change in emotions like anger, love and feelings towards friends, impulsive behaviour
- Build own identity
- Development of aspirations for future, including career
- Begins taking decisions about self
- Need for appreciation and recognition
- Increased spirit of fun

## Physical Changes during Adolescence

	<b>GIRLS</b>	<b>BOYS</b>
<b>Skin</b>	More active oil glands in this age group. Blockage of a pore because of oil can cause pimples and acne. This is not related to fantasizing/bad behavior.	More active oil glands in this age group. Blockage of a pore because of oil can cause pimples and acne. This is not related to fantasizing/bad behavior.
<b>Voice</b>	Not much change	Enlarged Adam's apple. Voice starts to crack and deepen
<b>Hair</b>	Pubic hair and underarm hair starts to grow.	Hair on face starts to grow, Hair growth on chest, under arms, arms and legs. Pubic hair starts to grow
<b>Breasts</b>	Breasts size starts to grow. Sometimes there may be tenderness or discomfort in the breasts as they grow.	Sometimes breasts can become prominent, but this tends to subside with time
<b>Muscle Growth</b>	Gaining height and weight. Widening of pelvic outlet (to facilitate childbirth) which involves broadening of hips.	Weight and height increase, Shoulders and chest broaden. Increase in muscle mass. Leg muscles get bigger and stronger
<b>Reproductive organs</b>	Menstruation begins: A monthly cyclical internal process in reproductive system of females.	Genitals increase in size, a fluid semen that carries the sperm starts getting formed.

## Myths Related to Menstruation

MYTH	FACT
During their periods, girls are impure, girls having their periods should not cook or visit sacred places	Periods are natural biological cycles. There is nothing impure about it. Girls can cook and visit sacred places during their periods, like other times. Food cooked by a woman during her period will not spoil. Similarly visiting the temple is not a taboo.
Sanitary products should be kept private and covered in paper when purchasing.	Buying sanitary products is like buying soap or toothpaste. They all are personal hygiene products.
Girls having their periods should not touch or go near plants. The plant will die if they do so.	Plants do not discriminate. They thrive on good care, like all of us, irrespective of who it comes from.
Foods like curd, tamarind and pickles disturb the menstrual flow.	The food you eat does not decide the flow of your periods.
Girls having their periods should sleep in a separate shed or a different room	Menstruation is not contagious and causes no harm to anyone else in the same room
Any form of physical activity can disturb the menstrual flow.	Exercise and playing sports can actually help relieve pain.
A girl should not talk about her periods in public. If she does, she will be shamed.	Do you think twice before you talk about your hair, that eyeliner, the shade of your nail paint? Talking about periods is no different.