

SUBJECT: BIOLOGY
CHAPTER: 5
CHAPTER NAME: ENDOCRINE SYSTEM AND ADOLESCENCE.
PERIOD-4

CHANGING YOUR TOMORROW

ADOLESCENCE

- Derived from Latin word *adolescere* which means to grow into maturity
- Period between 10-19 years of age.
- The period of life when the body undergoes development leading to reproductive maturity.
- Rapid development of physical and sexual maturity
- Testes start producing sperm and ovary start producing ova.



PHYSICAL CHANGES IN BOYS DURING ADOLESCENCE

- Increased in height
- Changes in body shape.
- underarm hair starts to grow
- boys start to sweat more
- their voice "breaks" and gets permanently deeper because the larynx or the voice box begins to grow and protruding out called Adam's apple.
- boys often develop **acne**— a skin condition that shows up as different types of spots, including whiteheads, blackheads and pus-filled spots called pustules
- facial hair begins to grow and boys may start shaving.
- boys get taller at a slower rate and stop growing completely at around 16 years of age (but may continue to get more muscular)
- most boys will have reached full adult maturity by the age of 18

PHYSICAL CHANGES IN GIRLS DURING ADOLESCENCE

- Increase in height
- Changes in body shape
- Change in voice
- Increased activity of sweat gland
- underarm hair begins to grow
- girls often get **acne** ,a skin condition that shows up as different types of spots, including whiteheads, blackheads and pus-filled spots called pustules

- <https://www.youtube.com/watch?v=Mge2F5HsOtg&t=3s>

THANKING YOU
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