

Module 5: Life Span Development
Topic 3 Content: Physical Changes During Adolescence

Introduction

PHYSICAL CHANGES DURING ADOLESCENCE 



You will view a brief video about some of the key differences males and females experience as they transition through adolescence.

START VIDEO

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Puberty



**PUBERTY TYPICALLY BEGINS
AROUND AGE 13**

**EXPERIENCE A GROWTH
SPURT AROUND 14**

**PUBERTY TYPICALLY BEGINS
AROUND AGE 11**

**EXPERIENCE A GROWTH
SPURT AROUND 10**

The body undergoes many changes during adolescence, second in significance only to infancy. Puberty marks the sexual maturation of an adolescent. A flood of hormones affect development in the years leading up to puberty and continue for several years after.

Puberty for males typically begins around age thirteen. Males experience a growth spurt around age fourteen.

Females generally begin puberty around age eleven. Females usually receive their growth spurt before males, around age ten.

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Maturity

EARLY MATURITY



BECOME TALLER AND MORE MUSCULAR

MAY BE VIEWED AS A LEADER BY THEIR PEERS

MAY MAKE THEM MORE POPULAR

INCREASED CONFIDENCE

PSYCHICAL CHANGES OFTEN CAUSE AWKWARD FEELINGS ABOUT APPEARANCE

EMOTIONALLY LESS MATURE THAN PHYSICAL APPEARANCE INDICATES

UNWANTED ATTENTION FOR A MATURE BODY



These ages are only guidelines, as some adolescents begin puberty earlier or later than their peers. Research has found that maturing early can have a different impact on boys versus girls.

When males experience early maturity, they become taller and more muscular. Sometimes this leads to them being viewed as a leader by their peers. This may also make them more popular among their peers, which may increase their confidence.

Unlike males, when females experience early maturity, the psychical changes often leave girls feeling awkward about their appearance. A female might be emotionally less mature than her physical appearance indicates. This discrepancy may cause unwanted attention for her mature body.

Think about your size when you began your teenage years. Were you bigger, smaller, or average compared to your peers? Did this have an impact on the way you felt or the way you acted?