

Activity 73**Applying Health Skills**

FOR USE WITH CHAPTER 20, LESSON 1

Friendship Under the Microscope

Directions: Even though Kate and Sasha are 15 and 17, and total opposites, they've been best friends for ten years. Kate says that differences, like how she's a junior and Sasha is a freshman, don't matter when it comes to friendship. *"Our differences give us a chance to learn from each other," she says. "I love dance, fashion, and am a terrible romantic. Sash is big on sports, lives for excitement, and takes life for what it is. She's the best person anyone could want as a friend, and that's all that counts."*

After reading the lesson on changes in adolescence, and learning the foundations most lasting friendships are built on, answer the following questions.

1. Do you think Kate and Sasha will remain close friends in the future? Why? Why not?

2. What about your close friendships? Explain the "cement" that holds you together.

3. Do you think future changes in your life will change the friendship? Why? Why not?

Activity 74**Applying Health Skills**

FOR USE WITH CHAPTER 20, LESSON 2

You Can Help

Directions: As the scope of a devastating natural disaster is realized, a need to help seems to take over. People everywhere collect clothes, food, and money for relief workers and victims—they want to make a difference. Lesson 2 lists learning to contribute to society as one of the tasks of young adulthood. Read the lesson, and answer the following questions.

1. Identify what needs exist in your neighborhood or community.

2. What can you do to help meet those needs?

3. Why would it be important to your development as a teen to do so?

Activity 75**Applying Health Skills**

FOR USE WITH CHAPTER 20, LESSON 3

Marriage: It's All About Choices

Directions: Read the following scenarios and, using the information from your book as a guide, identify the problem and offer helpful advice. Explain your reasoning.

1. Jamie and Brent have been dating for a year, seeing only each other. Now, as high school seniors, they have talked about marriage. Lately, Brent talks about their future as if they were already married; he refers to educational, housing, and financial quandaries all within the context of marrying immediately after school ends. He wants them both to find jobs, a small apartment, and go to a local community college. Jamie isn't so sure. She has a scholarship offer to study engineering at a prestigious out-of-state university. She feels she loves Brent, but finds the prospect of going away to school and a career in engineering alluring.

Problem: _____

Advice: _____

2. When Jessica and Eamon were first married, they had the same ambition: finish college and find good jobs. They met these goals together. Lately, however, there has been a growing friction between them. She complains he works too many hours. He says he does so because he wants to earn enough money to buy a house. Getting a house would allow them to start a family. Jessica, on the other hand, has her sights set on a new car and a European vacation. Eamon has also been unhappy with the amount of time she spends with her friends.

Problem: _____

Advice: _____

Activity 76**Applying Health Skills**

FOR USE WITH CHAPTER 20, LESSON 4

Transitions

Directions: Read the following passage about a married couple and describe possible physical, mental, emotional, and social transitions facing them in the years to come. Then, offer suggestions to reduce the effects of these transitions.

Sam and Linda have been married for 22 years. Sam is 48 and Linda is 45. They have two children, Maria and Richie, ages 18 and 16, respectively. Sam has been an architect for 26 years, while Linda has taught school for 24 years.

Physical transitions: _____

Suggestions: _____

Mental transitions: _____

Suggestions: _____

Emotional: _____

Suggestions: _____

Social: _____

Suggestions: _____

Chapter 20**Study Guide**

- STUDY TIPS:**
- Read *You'll Learn To* for each lesson.
 - Look up the meaning of any unfamiliar vocabulary terms.
 - Read the questions below before you read the chapter.

Directions: As you read the chapter, answer the following questions. Later, you can use this guide to review the information in the chapter.

Lesson 1

1. What is adolescence? _____

2. What is puberty, and when is it experienced? _____

3. What are hormones, and what do they do? _____

4. Why are there such variations in size, shape, and maturity among adolescents of the same age? _____

5. What mental changes does adolescence bring about? _____

6. Define *cognition*. _____
7. Describe the emotional changes experienced in adolescence. _____

8. What are the five developmental tasks connected to the transition from adolescence to adulthood? _____

Lesson 2

9. Define *physical maturity*. _____

10. Define *emotional maturity*. _____

Study Guide, Chapter 20 (Continued)

11. Define *emotional intimacy*. _____

12. List the four major aspects of life that impact a person's emotional balance.

13. List two ways a young person can begin to achieve self-actualization. _____

14. Name two things that can influence an adolescent's ideas about a career or occupation.

Lesson 3

15. Define *commitment*. _____

16. List three differences between a dating relationship and marriage.

17. Name three factors that impact marital adjustment. _____

18. Name seven issues that often cause problems in marriages. _____

19. Explain why 60% of teen marriages end in divorce. _____

Study Guide, Chapter 20 (Continued)

20. Name the primary responsibilities of parenthood. _____

21. Explain why you think giving unconditional love is such an important part of parenting. _____

Lesson 4

22. Define *transitions*. _____

23. Name the major transitions of middle adulthood and give an example of how each affects a person. _____

24. Name methods to make each of the four transitions less severe. _____

25. Define *integrity* and explain its value in late adulthood. _____

26. What are some options for adults in late adulthood for remaining mentally and physically active? _____

27. Name two government programs that benefit older adults. _____
