

Development and Puberty

- Adolescence
 - the passage from childhood to adulthood
- Puberty
 - Process that leads to sexual maturity or fertility
 - period of rapid physical maturation involving hormonal and bodily changes
 - not a single, sudden event

Physical Changes

- Sexual maturation, height, and weight
 - Marked weight and height gains
 - Muscular growth
 - Facial and chest hair growth in males
 - Pubic hair growth
 - Breast growth in females
 - Lower voice for both males and females
 - Menarche: girl's first menstruation



Weight, Height, and the Growth Spurt

- Gender differences in early adolescence
 - Girls tend to outweigh boys
 - Girls tend to be as tall as or taller than boys
 - Girls start maturation about 2 years earlier
- Growth spurt: a rapid increase in height and weight
 - Typically lasts about 2 years
 - Results in common “gawkiness”
 - Teens become more concerned about their appearance