

National Institute of Open Schooling
Senior Secondary Course : Home Science
Lesson 20 : Adolescence
Worksheet -20

1. Do you agree that early maturing boys are more confident as compared to girls? Why?
2. “You are not a child anymore.” As an adolescent your parents must have said this to you many times. How has it made you feel?
3. Do you think that sex education should be made compulsory in schools for adolescents? Give two reasons to support your answer.
4. The age of 11 to 18 years is the most eventful physically. Explain.
5. Can you recall using words like ‘bindaas’ and ‘chicks’ while talking with your friends? Which category of language development do such words belong to?
6. ‘Adolescence is a period of stress and storm.’ Explain.
7. Do you spend a lot of time preoccupied with your looks and body? Identify one reason for this.
8. Your school teachers are very affectionate and always try to help you. Identify how this attitude of the teachers has affected you.
9. Your 16 years old sister is very shy and does not have any friends. Find out how this can impact her development?
10. Your parents give lots of freedom to you but also take responsibility for your decisions. What impact has this parenting style had on your development?