HELPFUL HINT
Review adolescent development in a developmental psychology text.

MATCHING KEY TERMS
Match the term with the correct definition.

1. _______ adolescence
2. _______ autonomy
3. _______ egocentrism
4. _______ identity formation
5. _______ primary sexual characteristics
6. _______ puberty
7. _______ pubescence
8. _______ reproductive maturity
9. _______ risk-taking behavior
10. _______ secondary sexual characteristics
11. _______ sexual maturity rating (SMR)

a. Spermatogenesis in males and menstruation in females
b. Acquisition of psychosocial, sexual, and vocational identity
c. Period before sexual maturity
d. Capacity to be self-governing
e. Transition from childhood to adulthood
f. Internal and external reproductive organs
g. Stages of sexual maturation
h. Behavior that predisposes a person to harm
i. Concern with self
j. Achievement of reproductive maturity
k. Physical characteristics of males and females that have no direct role in reproduction

ADOLESCENT GROWTH AND DEVELOPMENT
Fill in the blanks.

1. Physical maturation in girls occurs with the onset and establishment of ____________________________.
2. Another term for the adolescent growth spurt is ____________________________.
3. In girls, the appearance of ____________________________ is the first sign of ovarian functioning.
4. Breast enlargement in boys is called ____________________________.
5. An adolescent’s chronologic age provides less information about physical development than does ____________________________.
6. In boys, the first sign of pubertal changes is ____________________________.
7. The secretion of sex hormones (________________________ in girls and __________________________ in boys) stimulates the development of breast tissue, pubic hair, and genitalia.
8. List five effective strategies the nurse can use when communicating with teens.
a. ____________________________
b. ____________________________
c. ____________________________
d. ____________________________
e. ____________________________
9. In adolescent psychosocial development, what is meant by the “moratorium”?

______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

10. What functions do adolescent peer groups serve?

______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

For questions 11 through 18, identify the period of adolescence (early, middle, or late) during which the described behavior is most likely to occur.

11. Best friends are of the same gender

12. Adolescents react to an imaginary audience

13. Emancipation from parents is a major issue

14. Adolescents overidentify with glamorous role models

15. Conflicts with parents escalate

16. Conformity with peer group is less important

17. Gang membership brings security

18. This is the most frustrating time for parents

HEALTH PROMOTION FOR THE ADOLESCENT AND FAMILY

Answer as either true (T) or false (F).

1. ______ Lack of self-esteem and peer pressure influence a teen’s sexual behavior.

2. ______ Adolescents require fewer calories during peak height velocity (PHV).

3. ______ When transporting an avulsed tooth, place it in a container of milk.

4. ______ Because of PHV, adolescents require at least 10 hours of sleep per night.

5. ______ Regular exercise promotes healthy sleep patterns.

6. ______ More teens die from unintentional injuries than from all other causes of death combined.

7. ______ Adolescents with tattoos may be injured during magnetic resonance imaging.

Fill in the blanks.

8. The USDA recommends an intake of ____________ calories per day for adolescent girls and ____________ calories per day for adolescent boys.

9. Adolescents who use tanning salons are at risk for ____________________________, and ____________________________.

10. In addition to depression, risk factors for teen suicide include

______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________
______________________________________________________________________________________________

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Answer as either true (T) or false (F).

11. _______ A teen’s cognitive ability affects contraceptive practices.
12. _______ Studies indicate that adolescents believe that engaging in oral sex is more socially acceptable and less risky than vaginal intercourse.
13. _______ Ideally, contraceptive education should include both partners.
14. _______ All threats of suicide by an adolescent should be taken seriously.
15. _______ Violence is an innate human behavior.
16. _______ Homicide is the second leading cause of death among teens 15 to 19 years of age.

**SUGGESTED LEARNING ACTIVITY**

Visit a teen pregnancy center in your community. Find out what services are offered, how teens are selected for the program, how the program is evaluated, and how it is funded. What other health promotion activities does the program provide for teens? Report your findings to your class.

**STUDENT LEARNING APPLICATIONS**

Enhance your learning by discussing your answers with other students.

You are invited to address a high school parent-teacher meeting to talk about early adolescent health.

1. Which health topics would you include? Why would you include these?
2. What developmental information would you include? Why?
3. Which topics would you include on psychological health? Why?

**REVIEW QUESTIONS**

Choose the correct answer.

1. According to Piaget, most adolescents eventually achieve which stage?
   a. Sensorimotor
   b. Preoperational
   c. Concrete operations
   d. Formal operations

2. In adolescence, sexual activity is usually related to
   a. risk taking.
   b. alcohol and/or substance abuse.
   c. low self-esteem.
   d. all of these.

3. According to Erikson, a person who has not successfully completed the developmental task of adolescence will experience
   a. shame and doubt.
   b. identity.
   c. role confusion.
   d. guilt.

4. Which of the following tools is used to assess sexual maturity?
   a. DDST-II
   b. Dubowitz
   c. Tanner
   d. Elkind

5. A hospitalized adolescent has emotional highs followed by emotional lows. The nurse notes that the adolescent
   a. is a substance abuser.
   b. is emotionally labile.
   c. has access to alcohol.
   d. none of the above.

6. Which of the following is a Healthy People 2010 objective for adolescents?
   a. Increase high school completion.
   b. Reduce physical fighting.
   c. Reduce pregnancies.
   d. All of the above.
7. In boys, PHV occurs during Tanner stages
   a. 1 and 2.
   b. 2 and 3.
   c. 3 and 4.
   d. 4 and 5.

8. Gynecomastia
   a. is always bilateral.
   b. occurs in the majority of adolescent males.
   c. requires surgical intervention.
   d. begins in late adolescence.