

Learning Competencies:

- Discuss that facing the challenges during adolescence may able to clarify and manage the demands of teen years. **(EsP-PD11/12CA-Id-4.1)**
- Express his/her feelings on the expectations of the significant people around him/her (parents, siblings, friends, teachers, community leaders). **(EsP-PD11/12CA-Ie-4.2))**

ADOLESCENCE

(2) Transition period from childhood to adulthood extending from puberty to independence.

(1) The adolescent phase is a time of many transitions for both adolescent and their families. In dealing with the consequences and demands of these transitions, it is important for adolescents to understand what is happening to them physically, cognitively, and socially.

CHALLENGES FACED BY ADOLESCENCE AND POSSIBLE WAYS TO HELP DEAL WITH IT PRODUCTIVELY

Area of Development	Changes manifested:	How do these changes affect teens?	What can you do?
Physical Development	<ul style="list-style-type: none"><li>• Accelerated increase in height &amp; weight</li><li>• Development of secondary sex characteristics</li><li>• Continued brain development</li></ul>	<ul style="list-style-type: none"><li>• Frequently sleeps longer.</li><li>• May feel uneasy &amp; uncomfortable because of growth spurts.</li><li>• Become overly sensitive.</li><li>• May be concerned about not physically developing at the same rate as their peers.</li><li>• May feel awkward in showing affection to their parents</li></ul>	<ul style="list-style-type: none"><li>• Never compare yourself with others.</li><li>• Get enough time to sleep.</li><li>• Develop healthy eating habits.</li><li>• Involve in physical activities.</li><li>• Ask adults about issues on sex</li><li>• Be sensitive to the feelings of others.</li><li>• Do not overdo or neglect your</li></ul>

		<ul style="list-style-type: none"> <li>• May ask more direct question about sex.</li> </ul>	grooming habits.
<b>Cognitive Development</b>	<ul style="list-style-type: none"> <li>• Develop advance reasoning skills and logical thought process.</li> <li>• Developing abstract thinking skills</li> <li>• Capability to conceptualize.</li> <li>• Develop the ability to think about thinking or “metacognition”.</li> </ul>	<ul style="list-style-type: none"> <li>• Heightened the level of self-consciousness.</li> <li>• Tendency to be very emotional &amp; sensitive.</li> <li>• Develop an unfounded impression that they can manage their lives.</li> <li>• Become idealistic and obsessed with a cause-oriented activity.</li> </ul>	<ul style="list-style-type: none"> <li>• Be open-minded.</li> <li>• Learn to share your insights &amp; feelings.</li> <li>• Participate in controlled risky behaviors &amp; activities.</li> <li>• Join a parish-, school-, &amp; community-based organizations</li> <li>• Establish moments of reflection and introspection.</li> </ul>
<b>Psychosocial Development</b>	<ul style="list-style-type: none"> <li>• Establishing identity.</li> <li>• Establishing autonomy.</li> <li>• Establishing intimacy.</li> <li>• Becoming comfortable with one’s sexuality.</li> <li>• Determining achievement norms &amp; standards.</li> <li>• Realizing their aptitudes, skills &amp; potentials.</li> </ul>	<ul style="list-style-type: none"> <li>• Time is spent more with friends.</li> <li>• Distance theirselves from the family.</li> <li>• Grow interest &amp; curiosity about sex.</li> <li>• Sexuality is manifested.</li> <li>• Begin to indulge in various activities.</li> <li>• Become elusive.</li> <li>• More argumentative</li> <li>• Question adult’s values &amp; judgements.</li> </ul>	<ul style="list-style-type: none"> <li>• Join, participate &amp; get involve in group activities.</li> <li>• Be grateful &amp; be generous with praises.</li> <li>• Participate in the design and formulation of rules.</li> <li>• Know well who your friends are.</li> <li>• Work within a structured environment.</li> <li>• Accept responsibility &amp; productivity.</li> </ul>

ACTIVITY NO. 1

**Instruction: Put check ( √ ) on the changes you observe in yourself when you become a teenager/adolescent.**

	<b>First puberty change .</b> Enlargement of the testicles.
	<b>Penis enlargement.</b> Begins about 1 year after the testicles begin enlarging.
	<b>Menstrual periods.</b> Between 10 and 16 ½ years old.
	<b>Pubic hair appears.</b> About 13 ½ years old.
	<b>Hair under the arms.</b> About 12 years old.
	<b>Wet dreams (nocturnal emissions).</b> About 14 years old.
	<b>Pubic hair appears.</b> Shortly after breast development.
	<b>Hair under the arms and on the face, voice change, and acne.</b> About 15 years old.
	<b>First puberty change.</b> Breast development.

**Source:** <https://www.stanfordchildrens.org/en/topic/default?id=the-growing-child-adolescent-13-to-18-years-90-P02175>

**OTHER CHALLENGES FACED BY ADOLESCENCE**

**Social & Parental Pressure**

Some parents may have parents with high expectations of their children. As a result, some teens arrive at choices and decisions which do not reflect their own skills or field of interest.

If adolescents find themselves being put under too much pressure both by society & their parents, it is recommended that they open lines of communication with people **who can ease the feeling of stress.**

**Peer Pressure**

Most adolescents need to fit in at all cost because if not accepted, there is a crippling notion of insecurity and deficiency. Acceptance in a group can be equated with involvement in risky behaviors and activities, yet persons who go through these rites of passage are often under great stress to become accepted & popular.

While it feels great to belong and be accepted into a group, adolescents should not dismiss the good values they have long practice just for the sake of having friends.

**Role of Media/Popular Media**

While some media outfits still strive to maintain a reputable image, there are other outfits that take for granted the role of media in shaping the public’s perception of pressing issues in the society. The quality of values that most media outfits preach goes against fundamental human values.

In the midst of trends and misinformation that circulate in the media, young people should be discerning of the kind of information they believe in. They should keep their media sources in check & learn to validate the truth.

### **Conflict Resolution**

One area adolescent need to address is conflict resolution- how to deal with conflicts. It is important for them to learn how to resolve conflicts without resorting to physical or violent means.

Taking a backward step away from the scene can allow greater sight and therefore a more appropriate assessment of the situation.

### **Coping Mechanism**

Adolescents are in a stage in life when they often encounter the feeling of being left out, judged, misunderstood, and disempowered. During this stage, their emotions are heightened. So, when they feel sad or hurt, these negative emotions are intensified.

The coping strategies of humans help them divert their attention from negative emotions, problems, and other causes of stress.

### **Scheduling Work & Play**

With the increase of stress and pressure due to the demands of responsibility, there is a need to balance. A time of leisure and relaxation could be of great help to teenagers.

### **Searching for a Role Models**

The most important task of the adolescent involves the search for personal identity. Adolescents respond if they are able to witness how things can be done rather than being told how to do them.

Role models are highly important. They help the adolescents navigate through life during development, make important decisions that affect the outcomes of their lives.

**ENRICHMENT**

**Instruction:** Choose one (1) challenge faced by adolescents that you can relate too and state how you conquered the challenge. Fill-out the table below.

Challenge(s) Faced By Adolescent	How Did You Conquered The Challenge?

**SOURCES:**

- Rochester, Herman G. “A Journey to Personal Development” p. 49-57, FNB Educational, Inc., Philippines, 2016.
- <https://prezi.com/fbs8kdy0-big/the-challenges-of-middle-and-late-adolescence/>
- <https://www.stanfordchildrens.org/en/topic/default?id=the-growing-child-adolescent-13-to-18-years-90-P02175>

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Grade & Section: \_\_\_\_\_ Score: \_\_\_\_\_



PERSONAL DEVELOPMENT

ASSESSMENT NO. 4

Test I. Classification.

Instruction: Classify various challenges according to its area of development.

Choose the challenges below the box. Write your answer on the box.

Area of Development		
PHYSICAL DEVELOPMENT	COGNITIVE DEVELOPMENT	PSYCHOSOCIAL DEVELOPMENT

- Challenges to classify:
- Developing abstract thinking skills
  - Determining achievement norms & standards.
  - Realizing their aptitudes, skills & potentials.
  - Accelerated increase in height & weight
  - Continued brain development

Test II. Essay (5 points)

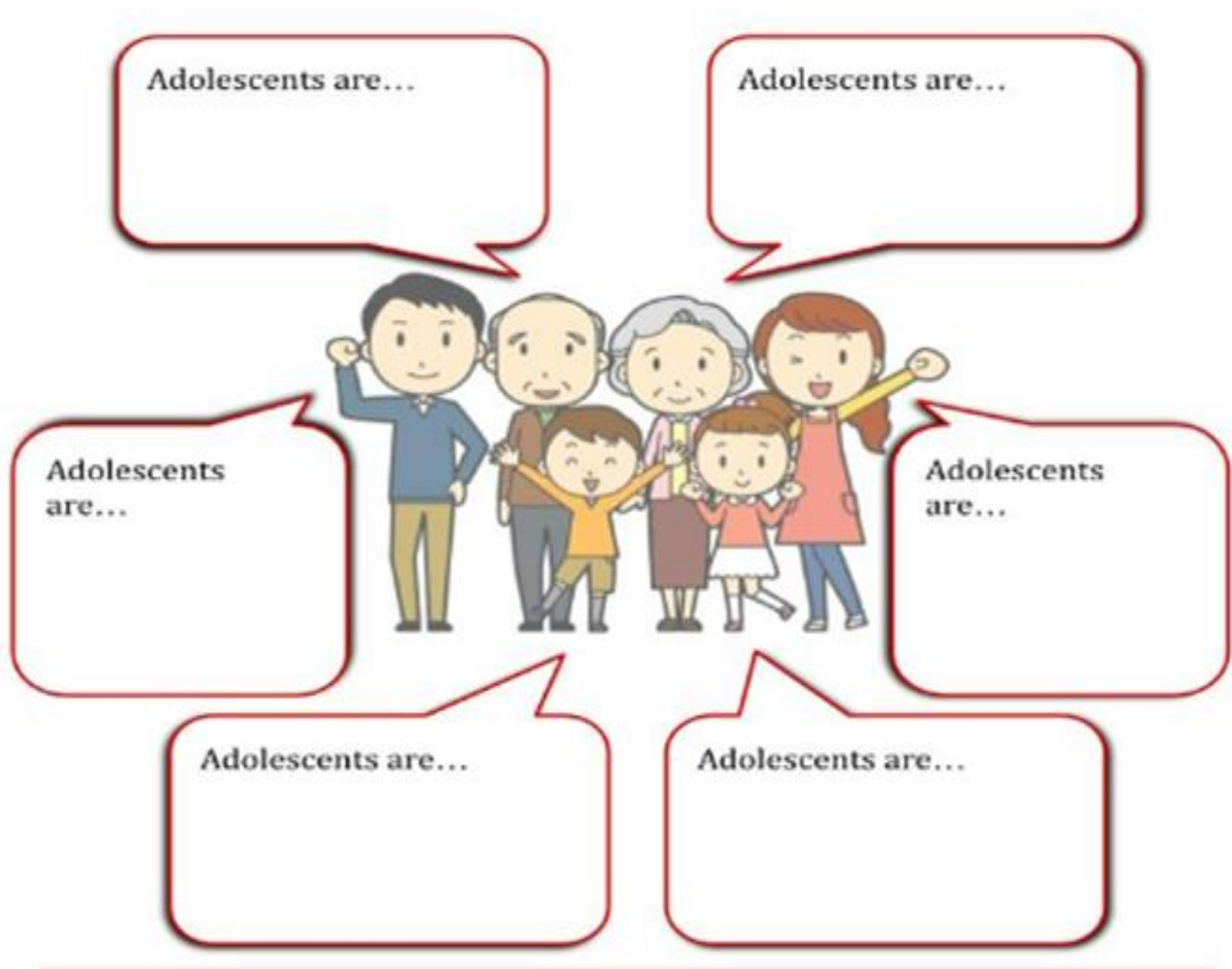
Choose **ONE** (1) significant people around you below, and write what you expect from them.

PARENTS	SIBLINGS	FRIENDS	TEACHERS	COMMUNITY LEADERS
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Significant People: \_\_\_\_\_

Expectation from them:

**Directions:** Impressions about adolescents are interesting depending on each generation. Ask specific people about their personal impressions.



Are their impressions different or similar? Why do you think so?

**Source:** [Adolescence Worksheets & Facts | Changes and Challenges \(kidskonnnect.com\)](https://www.kidskonnnect.com/adolescence-worksheets-facts-changes-challenges/)