

**National Institute of Open Schooling**  
**Secondary**  
**Lesson 11 – Adolescence and its challenges**  
**Worksheet-11**

1. Human life completes its journey through various stages and one of the most vital stages is adolescence. Define the concept of adolescence in general and in the Indian social system particularly.
2. Indeed adolescence represents one of the greatest of these periods of crisis. Interact to at least ten children who are in adolescent stage and make a report on problems they are facing.
3. The beginning of adolescence is marked by biological changes in girls and boys. Enlist and explain two biological changes each for girls and boys that occur during adolescence.
4. “The length of this period (adolescence) is thus primarily a social phenomenon”. Discuss the relevance of the given statement.
5. The beginning of adolescence, known as pubescence, brings with it abrupt and psychologically significant physical changes. While many of these physical changes are commonly known; others are hidden but nonetheless significant. Interact with at least ten adolescents to know how much they are aware about their physical development. Prepare a report based upon interaction.
6. What is meant by developmental task? Explain. Based on your own experience and observation; list at least ten developmental tasks of adolescent period and compare them to Havinghurst’s list of developmental tasks.
7. Define “Gender roles”. Interview any older person from your surroundings to have their ideas and beliefs on “Gender roles”. Critically analyze and compare their ideas and beliefs on “Gender roles” with yours and write a report.
8. Suppose you are the chief speaker in the school in your community. Organize a talk on “Puberty and Sexual Development”.