

National Institute of Open Schooling
Secondary Course: Home Science
Lesson 20: Adolescence: Charms and Challenges
Worksheet -20

1. Adolescence is a period of storm and stress. Justify the statement.
2. Misha is too obsessed with her looks. She has stopped eating her dinner in order to look like her favourite actress. She feels everyone notices and makes fun of her weight.
 - a. Do you think her peers have a role to play in her behaviour?
 - b. Which characteristic of adolescence is being reflected here?
3. Friends play a very important part in a teenager's life. State any two examples from your personal life how your friends have influenced you both positively and negatively?
4. Suresh is a single father. He often notices that his 15 years old son mostly stays in his room alone and doesn't spend time with him. He avoids attending family gatherings as well. Suresh is afraid that he is not having a strong bond with him. What would you suggest Suresh to do to strengthen the bond with his son?
5. As a student of Home Science, how will you raise awareness about the myths regarding menstruation. What information would you like to give them?
6. Radhika is a 16 yr. old girl who is very confused about her identity. Her parents ask her to act responsibly as she has grown up and be a model for her younger sister whereas when she asks for a favour, they refuse by saying that she is too young for this. If you were Radhika, how would you react to this situation?
7. Adolescents all over the world have almost similar physical development. Do you think they all have similar social and emotional development also? Explain.
8. Sunaina wants to go to a trip with her friends but her parents are not allowing her. Her best friend advised her to lie to her parents about the trip and come on board.
 - a. How would you help Sunaina in convincing her parents without lying?
 - b. What would you suggest her to do if they don't agree?
9. Parents have a huge role to play in child's self-esteem. Children of affectionate parents often have high self-esteem and are considered as achievers. Comment.
10. Elucidate the important characteristics of cognitive development during adolescence. Support your answer with an example.