GRADE 6 HOMESCIENCE LESSON NOTES TERM 1

STRAND 1: HEALTHY LIVING

SUB- STRAND: Adolescence

Pre – Adolescence this is the stage of life between childhood and adolescence

- Adolescence is therefore the period between pre–adolescence and adulthood.
- It is usually the age of 13 to 19 years.
- An adolescent is also called teenager.

Changes that takes place during adolescence

- During adolescence girls and boys experience various physical , emotional challenges and social changes

a. **Physical changes** – are changes which can be seen

b. **Emotional changes** – these are changes that cannot be seen, they are also called feelings

c. **Social change -**

Physical changes in boys during adolescence

- Increase body size
- Growth of hair under armpit and public area
- Developing acne and increased sweating
- Hair grows on their chin(beard)
- Voice breaks and become deeper
- Experience wet dream
- Increase in vocal sound
- Broadening of the chest
- Growth of hair in the pubic area
- Developing pimples in the face
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