Class-6, Subject: PE (Worksheet-11) Chapter-4: Adolecent period in our life

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Lesson-5: The risks at the age of puberty Subject Teacher: M A Jalil, Email: majxbn@gmail.com

Question-1: What are the types of risks across the adolescents during their puberty? **Answer:** The types of risks across the adolescents during their puberty are as follows:

- 1. Being inspired by their peers they may engage in dangerous activities.
- 2. Due to inquisition or bad company they may involve themselves in smoking, addiction in drugs, illicit and multifarious anti-social activities.
- 3. Lack of proper knowledge or reproductive health, the possible transmission of contagious diseases in reproductive organs may occur.

Question-2: What are the measures for eliminating the risk during the puberty of adolescent?

Answer: The measures for eliminating the risk during the puberty of adolescent are as follows:

- 1. Decisions should not be taken either being based by friends or being curious. Decisions on any issue should be taken concerning the good or bad sides of an activity.
- 2. A friendly relationship should be maintained with parents, elder brothers and sisters. If any questions arise in their mind or they fall in a problem, they should discuss the matter with them and ask for their help.
- 3. One can keep himself/herself away from such unwanted activities if he/she gets involved with games, sports and cultural activities.
- 4. Reproductive health rules are to be complied with sincerity.

Dear students, now you will try to solve the answer of the following questions

- 1. Why the children try to get new experience?
- 2. Why the adolescent takes wrong decision?
- 3. When the children need counseling?
- 4. When the adolescent will be able to combat the serious problems?
- 5. Who are to come across the various risks?
- 6. How the adolescent may engage in dangerous activities?
- 7. How the children may involve in smoking, addiction, illicit and multifarious anti social activities.
- 8. How will you take decision on any issue of an activities?
- 9. When the adolescent should discuss the matter with their parents, elder brothers, sister and their teachers?
- 10. When one can keep away from unwanted activities?
- 11. When reproductive health rules are to be complied with sincerely?