

**Question No-1:** What is Puberty?

**Answer:** Adolescence is the period which functions as a bridge between childhood and youth. This period in the life of a boy & a girl is said as the age of puberty.

**Question No-2:** How many stages are there in the growth of the child?

**Answer:** There are mainly three stages in the growth of the child.

They are:

1. Infancy: Its duration is about five years.
2. Childhood: The age from six to ten years of life.
3. Adolescent period (Puberty): This age from ten to eighteen years of life and then starts youth.

**Question No-3:** What are the functions of adolescence period?

**Answer:** The functions of adolescence period is the bridge between childhood and youth. This period in the life of a boy and a girl is called the period of puberty. The period of puberty is very significant for every tender aged boy and girl. The period of puberty of the boys 10-15 years and of the girls 8-13 years.

**Question No-4:** What are the mental changes of a boy & a girl during puberty?

**Answer:** The mental changes of boys and girls are -

- a) Instance desire to get love, care and attention from near and dears increases.
- b) Tendency of being guided by emotions increases.
- c) Inquisitiveness along with conflict restlessness increases
- d) Psychological changes starts growing and the adult like behavior becomes visible .
- e) Sexual urge & attraction for opposite sex increases.
- f) Inclination for individual freedom & free movement increases
- g) Desire for being engaged in adventurous & risky activities.

**Question No-5: Why is Adolescence period very important for the boys & girls?**

**Answer:** Adolescence period is the time for the boys & girls, when they lay foundation for acquiring moral & ethical values , This effort will lead them to sound & healthy life. Every activity accomplished during this age is very important for making on self a good citizen in future life. It is equally important to mean safe from the risks & awareness of such safety measures which need to be ascertained for the boys & girls at puberty.

**Dear Students, now you will try to solve the following questions**

Question-1: Who brings joy to the family?

Question-2: WHO likes to care the child?

Question-3: Who grows up gradually with his mothers careful nursing?

Question-4: When do physical & mental changes starts occurring?

Question-5: When do the various changes complete of boys & girls?

Question-6: When do the organs of the body grow fast?

Question-7: Write a physical changes of a boy & a girl each which not written in your book?

Question-8: Write a mental changes of a boy & a girl each.

Question-9: Write a behavioural changes of a boy & a girl each.