



Cosmo School

Final Term Assessment

Date: 04/11/2020

Class-6, Subject: PE (Worksheet-12)

Chapter-4: Adolescent period in our life

Lesson-6: The ways of keeping safe at the age of puberty

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Question-1: What are the ways of safeguarding from the risks at the age of Puberty?

Answer: The ways of safeguarding from the risks at the age of Puberty are as follows:

1. To abstain from the harmful addiction, the adolescents should avoid bad company. If parents notice any kind of abnormality in their child, they would pay attention to the matter seriously and compassionately. They can openly discuss the matter with their children and move them away from the association of the company of bad friends.
2. Without having clear concept of reproductive health, the adolescents fall in trap of making unsafe physical relationship with some dishonest people and get involved in different kinds of illegal and unsafe activities. School teachers, parents and elders siblings may come forward in this regard. They should build up friendly relationship with these grownup children. They should also inform them properly about the reproductive health and its advantages and disadvantages
3. Parents will not let their children go alone to the school programs like picnic. Being enthusiastic, they get involve in dangerous things that may cause serious accident. The school authority will remain alert in this regard and if possible, guardians will stay with their offspring.
4. Besides study, the teenagers will keep themselves busy with sports and games and cultural activities for making life educative and joyful.

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

1. When rapid physical, mental, psychological and behavioral changes occur in boys and girls?
2. Why the adolescents feel curious?
3. Why the adolescents become beauty conscious?
4. What is the time to lay foundation for acquiring moral and ethical values?
5. What are the activities adolescents can do for making their life educative and joyful?
6. What are the ways to stay safe from risk at the age of puberty?