

Skills for Living

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Topic 1-2

Your Growth and Development

- In this topic, you will learn about maturity, the changes teens go through, and the developmental tasks society expects at certain ages, as well as
 - ❖ Growing chronologically
 - ❖ Growing physically
 - ❖ Growing emotionally
 - ❖ Growing intellectually
 - ❖ Growing socially
 - ❖ Influences on behavior

Your Growth and Development

Objectives for Topic 1-2

After studying this topic, you will be able to

- identify different types of growth
- describe how human needs influence behavior
- relate how wants differ from needs
- explain how values and standards are interrelated

Topic 1-2 Terms

- ❖ maturation
- ❖ chronological growth
- ❖ physical growth
- ❖ puberty
- ❖ adolescence
- ❖ hormones
- ❖ emotional growth
- ❖ intellectual growth
- ❖ social growth
- ❖ peers
- ❖ needs
- ❖ wants
- ❖ values
- ❖ standards

Examples

- Can you think of some examples of each type of growth?

Type of Growth	Example
Chronological	
Physical	
Emotional	
Intellectual	
Social	

Growing Chronologically

- *Chronological growth* refers to a person's age
 - ❖ It is the only type of growth that takes place at the same rate for all people

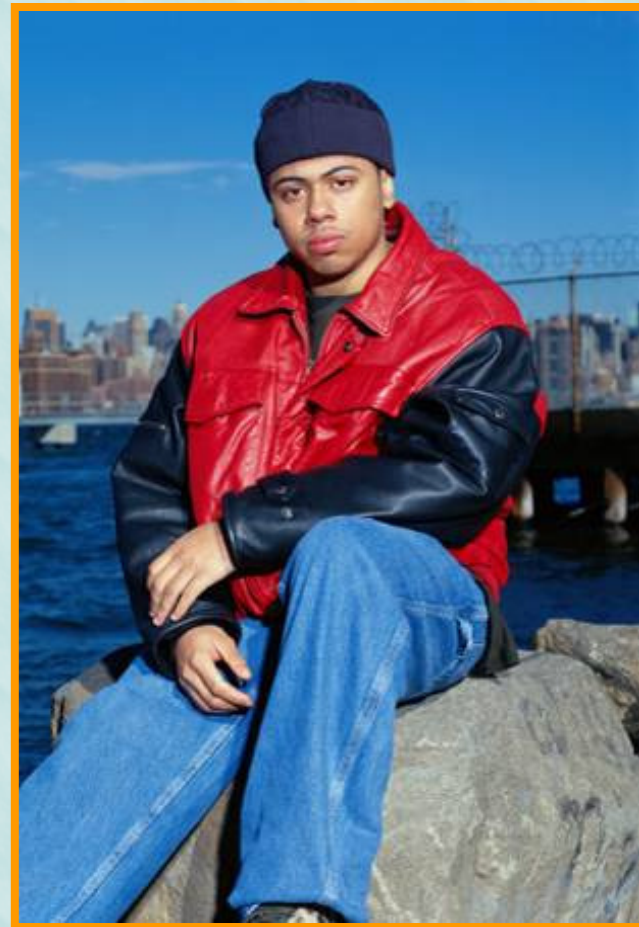


Growing Physically

■ *Physical growth* refers to the changes in your body stature

❖ *Puberty* is the stage of development in which an individual becomes capable of sexual reproduction

❖ *Adolescence* is the period from puberty to adulthood



Physical Changes

- ***Hormones*** are chemical substances that trigger certain physical growth, including
 - ❖ a sudden growth spurt
 - ❖ development of adult characteristics
 - ❖ sexual development
 - ❖ an increase in muscle tissue
 - ❖ weight gain

Growing Emotionally

- *Emotional growth* is development in the range of feelings and the ability to express these feelings



Emotional Changes

- Emotional swings are common during adolescence
 - ❖ Teens may be especially sensitive at this time



Growing Intellectually



- *Intellectual growth* means developing the ability to reason and form complex thought

Growing Socially

- *Social growth* involves developing the ability to get along with other people



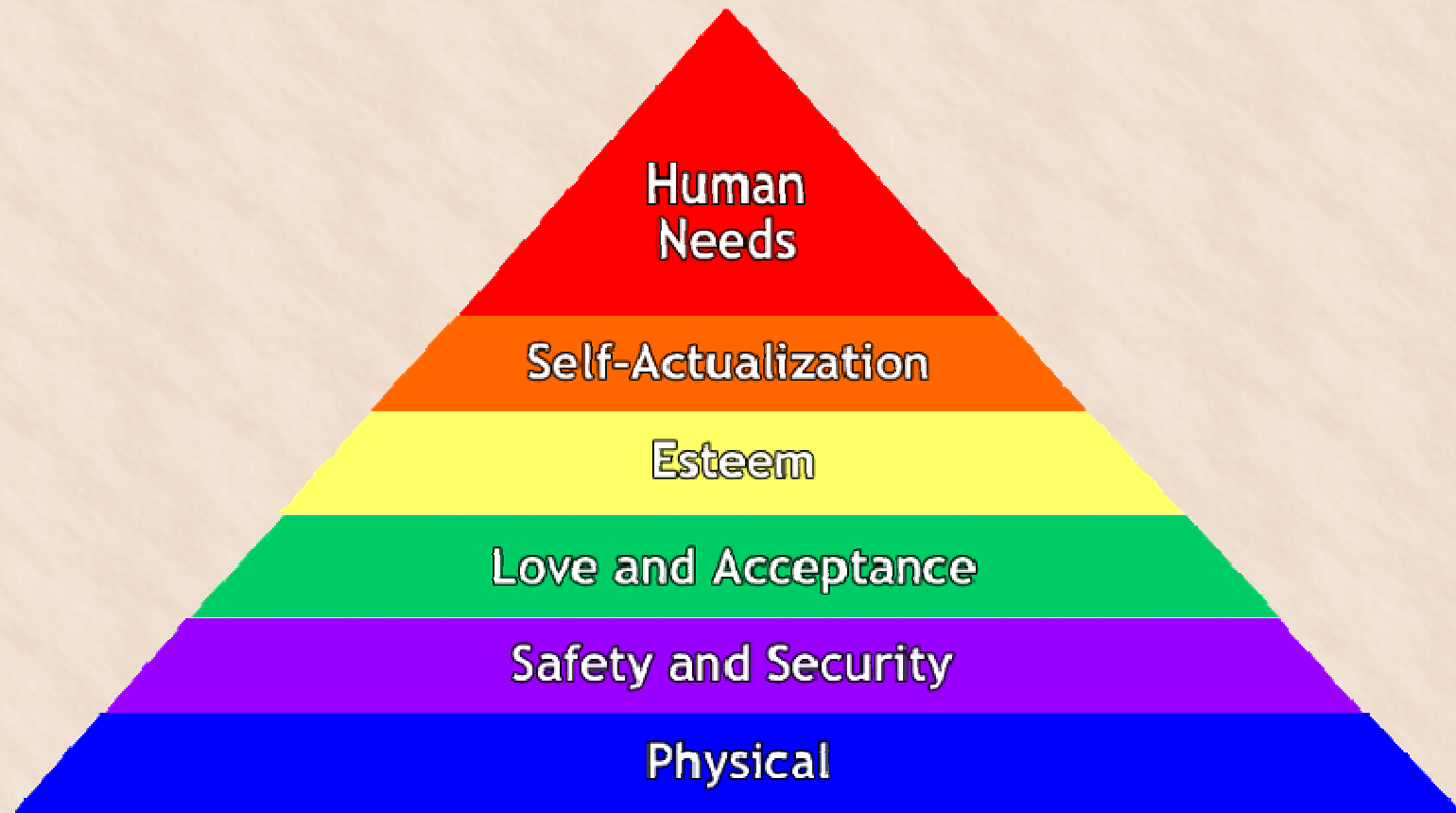
Social Changes

- As you mature, you want to be treated as an adult by parents, teachers, and other adults
- You also want to spend more time with your *peers*, or people your own age



Influences on Behavior

- Most behaviors are attempts to satisfy human needs

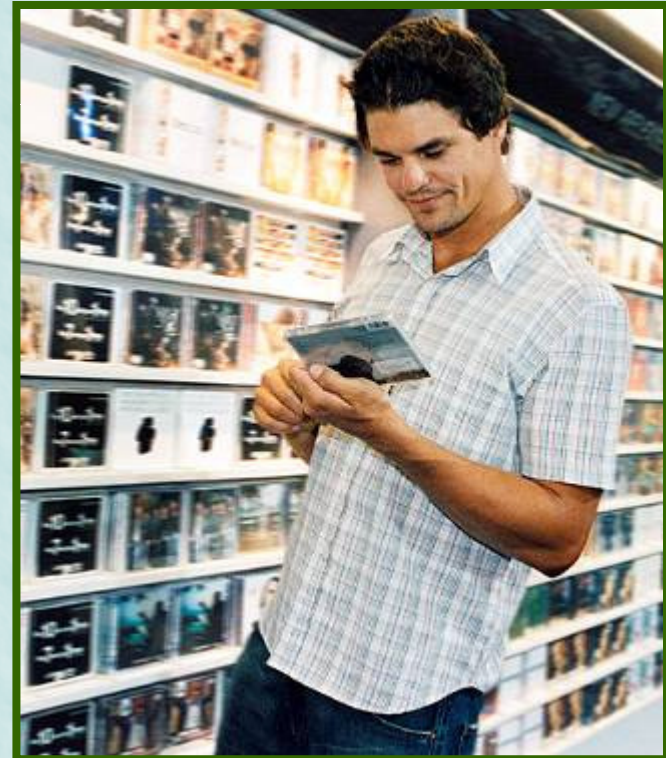


Human Needs



- *Needs* are basic items that are required for living

- *Wants* are things that people desire, but don't need to survive



Activity

- If you had \$100 to spare, what are some items you might buy?
- Classify the items as needs or wants

Item	Need	Want

Values

■ *Values* are the beliefs, feelings, and experiences you consider to be important and desirable

❖ health

❖ friendship

❖ education

❖ freedom

❖ beauty

❖ happiness

❖ honesty

❖ popularity

Values

- Many factors influence the development of values
 - ❖ Relationships with other people
 - ❖ Experiences, education, and knowledge
 - ❖ Needs
 - ❖ Religious beliefs and morals
 - ❖ The family life cycle

Standards

- *Standards* are accepted levels of achievement
 - ❖ People's standards are related to their values
 - ❖ People acquire their standards through personal contacts and their experiences

Summary for Topic 1-2

- Changes occur during the teen years
 - ❖ physically
 - ❖ emotionally
 - ❖ intellectually
 - ❖ socially
- As a unique person, you have
 - ❖ needs
 - ❖ values
 - ❖ standards