

Chapter - 2

Growing up with Confidence

Answer the following questions

1. Give at least one difference between

(a) Growth and development

(b) Development and maturation

Ans. 1. Growth is a natural phenomenon. Growth is a characteristic feature of all living beings so development. Growth and development occur side by side.

2. Growth is a quantitative increase in size through an increase in the number of cells or elongation of cells. Development may be defined as the progression of changes, both qualitative and quantitative, which lead to an undifferentiated mass of cells to a highly organized state.

3. Growth is the change in shape, form, structure, size of the body, i.e. physical change. Development is structural change and functional progress of the body, so it can be physical as well as social or psychological change.

4. Development also includes growth so growth is a part of development. Hence Growth stops at maturation (or after a certain period) but development continues till the death of the organism.

2. Given below are nine statements. Categorise them into events of Growth (G), Development (D) and Maturation (M).

(a) A baby on seeing his mother begins to utter the word “MA”.

(b) The testis begins to produce sperms.

(c) The fetal heart begins to beat.

(d) A plant observed in the garden a few months ago is now a shrub.

(e) The baby starts walking without support.

(f) Aruna has reached menarche.

(g) Mary can no longer fit into her shoes that were bought for her last year.

(h) Haneef needs to shave everyday this year before going to school.

(i) In 2007, Dhruv was only 5 feet tall. On his 14th birthday, his height is 5 feet 10 inches

Ans. Growth (G)

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Maturation (M).

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3. List factors that affect growth.

Ans. Factors affecting growth are:

1. Heredity

2. Nutrition

3. Psycho-social environment

4. Socio-economic Status etc.

4. The teenager should take nutritious diet, because.....

Ans. The teenager should take a nutritious diet because their body needs a basic level of nutrients for its sustenance and proper growth and development.

5. Arun is worried because he is not as tall as others in his class. How will you dispel such unnecessary anxiety?

Ans. I would tell Arun that being short or tall doesn't matter, it's beyond one's control, a person's talent is not decided by this physical appearance. Self-image and self-esteem are important not only for oneself but also in the eyes of others which is decided by own skills and social development. It is important for growing up with confidence. So I will suggest him to focus on these factors, not on his physical appearance.

6. Prepare a worksheet writing the response in following things.

(a) Who all would you include as a support system in case of any problem to be sexual harassment? Think of both people and institutions.

(b) Why have you included them people/institutions as a safety net?



Ans. Sexual harassment is described as any unwelcome sexual gesture or behaviour, whether directly or indirectly—physical contact or advance, showing pornography, a demand or quest for sexual favour, or any other unwelcome physical, verbal/ nonverbal conduct. It also includes molestation and rape.

It is a criminal act and a punishable offence. In such cases, the girl/boy being abused must immediately inform parents/or any trusted member for protection. One can legally complain in the police if needed.

There are many NGOs/institution work against sexual harassment, one can take help of these institutes too.

7. Why is psychological security necessary for a growing adolescent?

Ans. Adolescence is a period of losses like loss of childhood, loss of sexual innocence, loss of freedom from responsibility. For developing self-confidence and self-esteem, it is essential to have a stress-free environment. Adolescence has to be viewed as a period of gains but to ignore the losses and carry the gains forward psychological security is necessary.

8. "Communication between parent and the adolescent child is critical for his/her health." Why?

.....

Ans. Parents should have an open and effective conversation with the child to comfort him, support him, and to maintain his health.

9. Give at least two reasons of substance abuse by adolescents.

(a)

(b)

Ans. Drugs affect the brain and drive the user into a make-believe world of fantasy and provide false feelings of being free from problems. Adolescents get addicted to this feel, it leads to drug abuse.

10. Why is it necessary to discard the myth that 'women are the weaker sex'? Give three reasons.

(a)

(b)

(c)

Ans. 'Women are the weaker sex' is a myth because –

1. our constitution has given equal rights and freedom to women. the development of a country is dependent on both the male and the female population equally.

2. Women are independent now, women have reached heights in all fields.

3. Strength is not based on one's sex, it depends on skills, talents, and work. And women have all these qualities.

11. In dealing with the following challenging situations whom should adolescents approach and why?

(a) bullying

(b) discrimination by grandmother

(c) sexual abuse

Ans. It depends on the situation but adolescents should approach any trustworthy person for help or protection.

12. "Growing up with confidence is not a myth." Explain

Ans. "Growing up with confidence is not a myth." While growing up, one needs to struggle with new situations, which needs confidence, understanding. So confidence gets developed in oneself.

13. Write a paragraph in your own words why "growth" is necessary for all living beings including humans.

Ans. No living being can survive without growth, even though any could survive, then no development is possible. So growth is necessary for living beings to pass through all stages in life.

14. What is depression. Give three symptoms

Ans. Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest. Symptoms of depression can be social withdrawal, need to weep, eating and sleeping problems, feeling of dejection and hopelessness. 'Anger' is sometimes a psychological reaction for fighting depression.

15. Explain the difference between drug abuse and use with the help of examples.

Ans. When drugs are used as medical purposes then it is called as 'drug use' and drug abuse refers to an individual who continues to use drugs even though they know it has an adverse effect on their health and well being.

Project

1. Organise a debate in the class on the topic "Growth is natural so all teenagers grow and behave in the same way".

Ans. student do it yourself

2. Conduct a survey in your neighbourhood picking up 20 boys and 20 girls and prepare a report on their height and weight. How many are overweight? How many are under weight?

Ans. student do it yourself

3. Why do you think that both boys and girls should be given equal opportunities in life? Give three arguments in favour.

(a)

(b)

(c)

Ans. student do it yourself

4. When heredity defines limits of growth and development, why bother about the environment? Give three arguments against this statement.

(a)

(b)

(c)

Ans. student do it yourself