

## Chapter-10 Reaching the age of Adolescence

### 1. Define adolescence.

*The period of life, when the body undergoes changes, leading to reproductive maturity is called adolescence. Adolescence begins around the age of 11 and lasts upto 18 or 19 years of age.*

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### 2. What is menstruation? Explain.

*In females, the reproductive phase of life begins at puberty (10 to 12 years of age) and generally lasts till the age of approximately 45 to 50 years. The ova begin to mature with the onset of puberty. One ovum matures and is released by one of the ovaries once in about 28 to 30 days. During this period, the wall of the uterus becomes thick so as to receive the egg, in case it is fertilised and begins to develop. This results in pregnancy. If fertilisation does not occur, the released egg, and the thickened lining of the uterus along with its blood vessels are shed off. This causes bleeding in women which is called menstruation.*

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### 3. List changes in the body that take place at puberty.

*The following are the changes that take place during puberty:-*

- i. Increase in height*
  - ii. Change in body shape*
  - iii. Voice change*
  - iv. Increased activity of sweat*
  - v. Development of sex organs*
  - vi. Reaching Mental, Intellectual and Emotional Maturity.*
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