

identify what my feelings are or why I feel a particular way)

- We also experience changes socially as we develop physically. What can change socially during puberty? (friendships change as people become interested in different things at different times; there might be some who tease you about your physical changes; you might be treated differently if you look “older” than you really are)

**Health and Physical Education expectations D1.5 and D2.4**

Ask the students to read Jane and Elizabeth Casey’s descriptions of themselves. Invite the students’ response.

- What did you learn about Jane?
- Do you think Jane is happy? Why? Why not? (You might explain that many young adults feel the way Jane does. They’re not sure what they want to do with their lives.)
- What tells you that Jane is an adult? (she has a full-time job, she has her own place to live; she supports herself)
- What did you learn about Elizabeth Casey?
- Why do you think it surprises Mrs. Casey that she’s still learning and changing? (You might point out that many people think they have finished growing up when they become adults and think they know everything there is to know.)
- Both Jane and her mother are adults, but what is the difference between them? (Mrs. Casey is older; Jane is at the beginning of adult life; Mrs. Casey is in the middle years of her life)
- Frank, Anna, Jane, and Mrs. Casey — which one of these people did you like best? Why?

As you explore with the students the adolescent and adult stages of human life, draw out the significant points and record them on a chart. Use their contributions (rewording and summarizing as necessary) and encourage them to expand on their ideas to get at any important points that did not emerge in the discussion.

- Adolescence is the stage of human life after childhood and before adulthood. It’s a time of change. Your body grows and changes, and your feelings, mind, and spirit change and develop, too.
- Adulthood is the last stage of human life. Some adults are young, some are middle-aged, and some are old. You don’t stop learning and changing just because you’re an adult.
- In a few years we will leave the stage of childhood and become adolescents.

When the chart is complete, read it with the students and invite their comments. Is there anything that should be added? Removed? Ask them to suggest a title for the chart.

Bring the topic to a close by reading the last part of page 61. You might ask your students if they are in a hurry to grow up. Why? Why not?