***Adolescence, 12e* (Steinberg)**

**Chapter 1 Biological Transitions**

1) The physical developments of puberty are influenced by which of the following?

A) environmental factors

B) an identity crisis

C) psychological factors

D) falling in love

2) The physical transformation from child to adult is called

A) puberty.

B) early adolescence.

C) middle adolescence.

D) late adolescence.

3) The term *puberty* refers to the period during which an individual

A) is between the ages of 12 and 15.

B) creates new hormones via the endocrine system.

C) becomes capable of sexual reproduction.

D) stops growing in height.

4) Physically, puberty involves a rapid increase in growth, development of primary sex characteristics, and

A) an increase in psychological stress.

B) a series of public initiation rites.

C) development of secondary sex characteristics.

D) increases in intellectual functioning.

5) The simultaneous release of growth hormones, thyroid hormones, and \_\_\_\_\_\_\_\_ stimulates rapid acceleration in height and weight during puberty.

A) leptin

B) estrogens

C) androgens

D) testosterone

6) The hormonally induced increase in the rate of growth in height and weight is referred to as

A) the adolescent growth spurt.

B) peak height velocity.

C) epiphysis.

D) somatic development.

7) At the time of peak height velocity, adolescents grow at about the same rate as

A) newborns.

B) infants.

C) toddlers.

D) elementary schoolchildren.

8) The adolescent growth spurt

A) generally begins two years earlier for girls than for boys.

B) generally begins two years earlier for boys than for girls.

C) increases around age 15 for boys and girls.

D) proceeds along a smooth and rapid course over the teen years.

9) Which of the following statements about changes in skeletal structure during puberty is true?

A) One marker that indicates the termination in growth in height is epiphysis.

B) Bones become more porous and more likely to break.

C) Nearly half an individual's adult height is gained during puberty.

D) Growth begins with the torso and shoulders, proceeds to the arms and legs, then to the extremities.

10) Professor Radon is studying the \_\_\_\_\_\_\_\_ system, which produces, circulates, and regulates levels of hormones in the body.

A) adrenal

B) circulatory

C) respiratory

D) endocrine

11) Which of the following statements about the production of hormones at puberty is true?

A) The body begins to produce several hormones that have not been present until this time.

B) There is an increase in the production of certain hormones.

C) Boys' bodies produce more estrogens, and girls' bodies produce more androgens.

D) The feedback loop regulating the endocrine system becomes increasingly less important.

12) When levels of androgens and estrogens fall below the set points, the \_\_\_\_\_\_\_\_ stops inhibiting the pituitary gland, thus permitting it to stimulate the release of sex hormones by the gonads.

A) thyroid

B) adrenal gland

C) hypothalamus

D) feedback loop

13) The maturation of the adrenal glands is called

A) androgen.

B) estrogen.

C) adrenarche.

D) HPG axis.

14) Adrenarche contributes to the development of \_\_\_\_\_\_\_\_, signaling the beginning of sexual maturation to others.

A) body hair

B) body odor

C) sex characteristics

D) gonads

15) Which of the following is part of the feedback loop in the endocrine system?

A) adrenal gland

B) melatonin

C) pituitary gland

D) thyroid hormones

16) Which of the following statements about prenatal development is true?

A) Up until about eight weeks after conception, all human brains are masculine.

B) Puberty is part of a gradual process that begins at conception.

C) Sex hormones do not appear in the brain during fetal development.

D) Fetal exposure to cortisol is directly linked to the timing of puberty.

17) The average girl in the United States reaches \_\_\_\_\_\_\_\_, the time of her first menstrual period, sometime between the ages of 12 and 14.

A) sexual maturity

B) menarche

C) puberty

D) adrenarche

18) Which of the following sex characteristics is the first to develop in boys?

A) production of sperm

B) appearance of facial hair

C) growth of testes and scrotum

D) growth of penis

19) The first ejaculation of seminal fluid that occurs is

A) biologically predetermined.

B) genetically inherited.

C) often determined culturally.

D) two years after accelerated penis growth.

20) As Yu Yan's breasts are beginning to develop, she will most likely experience concurrent

A) menarche.

B) ovulation.

C) growth of pubic hair.

D) growth in height.

21) Which of the following female sex characteristics is usually the last to develop?

A) menarche

B) regular ovulation

C) development of the areola

D) growth of pubic hair

22) Which of the following statements about puberty in girls is true?

A) Regular ovulation and the ability to carry a baby to term usually follow menarche immediately.

B) The development of the areola and nipple are far better indicators of sexual maturation than is breast size.

C) Menarche occurs very early in the process of sexual development.

D) The changes in the nipple and areola occur earlier in large breasts.

23) The first sign of puberty in girls is generally

A) growth of breasts.

B) underarm hair.

C) menarche.

D) acne.

24) Which of the following statements about the timing and tempo of sexual maturation is true?

A) In the United States, and in all other countries, menarche typically occurs around age 12.

B) The duration of puberty varies widely, from 1.5 to 6 years in girls and 2 to 5 years in boys.

C) Adolescents who begin puberty early also complete it early.

D) Adolescents who begin puberty earlier usually grow to be taller adults.

25) Osman is a junior high student anticipating puberty. He wants to know when puberty will start and how long it will take until he looks like and is considered an adult. His health teacher tells him that the timing and rate of puberty

A) is highly variable and influenced by both genetic and environmental factors.

B) is highly predictable, beginning around 12 years of age and taking four years to complete.

C) can be accelerated through good nutrition and excessive exercise.

D) is determined more by his environmental and family situation than genetics.

26) Based on research addressing ethnic differences in the timing and rate of pubertal maturation, which American girl would be expected to mature earliest?

A) Brandy, a middle-income Black adolescent

B) Miranda, a middle-income Mexican adolescent

C) Emily, a middle-income White adolescent

D) Grace, a middle-income Asian adolescent

27) Which of the following factors is most important in determining the onset of puberty?

A) the presence of sexually mature partners in the environment

B) whether the individual is healthy enough to begin reproduction

C) information coded in an individual's genes

D) whether there are nutritional resources available to support a pregnancy

28) Which of the following statements accurately describes the role leptin plays in the onset of puberty?

A) Low levels of leptin increase melatonin production, which triggers puberty.

B) Leptin stimulates production of kisspeptin, which triggers puberty.

C) Leptin is inhibited by cortisol, which can delay puberty.

D) High levels of leptin inhibit kisspeptin, thus delaying puberty.

29) Which of the following environmental factors affects the onset of puberty?

A) exposure to cold temperatures

B) changing seasons

C) poor air quality

D) amount of light exposure

30) Sex differences in brain organization predetermine

A) sexual behavior during puberty.

B) emotional and behavioral problems.

C) certain patterns of behavior.

D) desire for highly rewarding activities.

31) There is growing evidence that puberty affects the brain in ways that increase adolescents'

A) aggression levels.

B) emotional arousal.

C) desire to rebel.

D) dependency levels.

32) After about eight weeks of conception, male fetuses are exposed to higher levels of \_\_\_\_\_\_, resulting in a more "masculinized" brain.

A) testosterone

B) melatonin

C) estrogen

D) kisspeptin

33) Which of the following can delay the onset of puberty?

A) stress

B) childhood abuse

C) nutritional deficiencies

D) lack of exercise

34) Differences in the timing and rate of puberty among individuals growing up in the same general environment are largely caused by which factor?

A) hormones

B) genetics

C) exercise

D) psychology

35) Which of the following factors can hasten the onset of maturation?

A) peer pressure

B) protein deficiency

C) chronic illness

D) father absence

36) Lucia, a seventeen-year-old living in a college dormitory, has noticed that her menstrual periods have begun to synchronize with \_\_\_\_\_\_\_\_, which is compelling evidence that social relationships can affect biological functioning.

A) the time her female roommate menstruates

B) her most stressful days of the month

C) the days she feels most sexually aroused

D) her biological sister living in a different city

37) While puberty is beginning earlier, it is also taking

A) less time to complete in girls.

B) longer to complete in both sexes.

C) longer to complete in girls.

D) less time to complete in boys.

38) Professor Kendall has been researching adolescent maturation around the world. Which of the following is she likely to determine has the smallest role in determining group differences in pubertal maturation?

A) nutrition

B) sanitation

C) infectious diseases

D) genetics

39) Over the past century, the onset of puberty has been coming at an earlier age. This is referred to as the

A) cross-sectional trend.

B) endocrine trend.

C) menarche trend.

D) secular trend.

40) Who is at the greatest risk of developing body dissatisfaction?

A) Callie, an early-maturing White girl, who compares herself to her friends

B) Miranda, a late-maturing Black girl, who compares herself to media images

C) John, an early-maturing Black male, who compares himself to his friends

D) Mike, a late-maturing White male, who feels he is not muscular enough

41) Which of the following is probably true for Ashley, an early-maturing girl who was short and stocky as a child?

A) After puberty, she will be shorter and heavier than her late-maturing peers.

B) After puberty, she will be shorter and thinner than her late-maturing peers.

C) After puberty, she will be taller and heavier than her late-maturing peers.

D) After puberty, she will be taller and thinner than her late-maturing peers.

42) Which of the following statements about hormonal changes of puberty is true?

A) Hormonal changes affect the brain in ways that increase adolescents' desire for sensation-seeking activities.

B) Hormonal changes of puberty make adolescents more risk averse.

C) Hormonal changes of puberty make adolescents more introverted.

D) Hormonal changes affect the brain in ways that decrease adolescents' desire for rewarding activities.

43) When compared to their less mature peers, adolescents who are physically mature are

A) less likely to have problems with their parents.

B) more likely to be involved in cross-sex activities such as dating.

C) more likely to have platonic relationships with opposite sex peers.

D) less likely to be depressed.

44) Suzanne and Carlos are the first members of their class to begin the pubertal transition. Based on what you know about early-maturing adolescents, Suzanne and Carlos are more likely to

A) become involved in illegal activities.

B) be academically successful in school.

C) be ostracized by their classmates.

D) get along well with their parents.

45) Which of the following characteristics is associated with being an early-maturing boy?

A) fewer problem behaviors

B) more even temperament

C) a more positive self-image

D) more intellectual curiosity

46) Mikhail, an early maturer, is more likely to \_\_\_\_\_\_\_\_ than Devon, a late maturer.

A) socialize with younger boys

B) suffer greater consequences if bullied by peers

C) be closely supervised by his parents

D) have low self-esteem

47) Early-maturing boys

A) are more likely to have low self-esteem.

B) may have higher rates of depression.

C) are better prepared to deal with changes of adolescence.

D) act more childish than their later-maturing peers.

48) During puberty, individuals who mature early are likely to exhibit which of the following?

A) more intellectual curiosity

B) less frequent temper tantrums

C) less depression and anxiety

D) problem behavior, such as drug use

49) In America, early-maturing girls are more likely than their late-maturing peers to

A) be unpopular with their peers.

B) have a negative self-image.

C) succeed in school.

D) perceive themselves as attractive.

50) Avram is a late-maturing boy. A year after pubertal onset, we would expect Avram to show which advantage over his early-maturing peers?

A) greater athletic ability

B) more popularity with the opposite sex

C) lower chance of being bullied

D) higher levels of social initiative

51) Which of the following characteristics is typically associated with being an early-maturing girl?

A) feelings of awkwardness and self-consciousness

B) being less popular, especially with boys

C) a more positive body image

D) better physical health in adulthood

52) The main reason for sex differences in the impact of early and late maturation is

A) biological differences between male and female brains.

B) psychological differences between boys and girls.

C) the different rates at which boys and girls mature.

D) different cultural expectations of boys and girls.

53) Nadia is an early-maturing girl. Compared to her late-maturing peers, which of the following statements is most likely to be true for Nadia?

A) Nadia is less likely to suffer from social anxiety.

B) Nadia is less likely to be popular with girls.

C) Nadia is more likely to be popular with the boys.

D) Nadia is less likely to be the victim of rumors and gossip.

54) The impact of early maturation on problem behaviors or depression is worse when adolescents

A) have many stressful life events.

B) are ethnic minorities.

C) are involved in romantic relationships.

D) are unpopular with their peers.

55) The children who are most likely to think of themselves as being "off schedule" with respect to their physical development are girls who mature \_\_\_\_\_\_\_\_ and boys who mature \_\_\_\_\_\_\_\_.

A) late; early

B) early; late

C) late; late

D) early; early

56) Follow-up studies of Swedish women who had been early maturers found that as adults they were

A) unable to develop coping skills.

B) less likely to continue their education beyond high school.

C) more likely to continue their education beyond high school.

D) indistinguishable from those who had been late maturers.

57) Which of the following girls will experience the greatest menstrual discomfort?

A) Sarita, who is prepared for the physical changes

B) Alison, who is a late maturer

C) Loryn, who has a negative attitude toward menarche

D) Deepika, who is unpopular among her classmates

58) Studies have shown that prepubertal girls who expect menstruation to be uncomfortable report

A) milder menstrual symptoms than their peers.

B) more severe menstrual symptoms than their peers.

C) about the same level of menstrual symptoms as their peers.

D) experiencing menarche sooner than their peers.

59) Which of the following conditions is most likely to produce the most favorable and easiest adjustment to menarche?

A) The girl's mother prepares her by describing the unpleasant aspects of menarche.

B) The girl reaches menarche earlier than her peers.

C) Menarche occurs before the girl has learned about the physical changes that will happen.

D) The girl knows the facts about the physical changes her body will undergo.

60) When adolescents in the United States begin to experience specific pubertal events, which of the following is most likely to occur?

A) A girl's mother will be the first person the girl tells that she has begun to menstruate.

B) A girl's best friend will be the first person the girl tells that she has begun to menstruate.

C) A girl is likely not to tell anyone that she is menstruating for the first several months.

D) A boy will tell his friends about his first ejaculation soon after it occurs.

61) Which of the following statements about puberty's impact on family relationships is true?

A) Puberty appears to increase distance between parents and children.

B) Other species do not experience distance during the pubertal transition.

C) The distancing effect of puberty on families occurs regardless of ethnicity.

D) Puberty is more likely to disrupt family relationships if it happens early.

62) One reason for the sex difference in athletic performance during early adolescence is the difference in

A) timing of the growth spurt.

B) levels of body satisfaction.

C) the size of the hypothalamus.

D) the amount of body fat.

63) Although both sexes experience changes in muscle tissue and body fat, the ratio of muscle to body fat is

A) greater in boys than girls.

B) greater in girls than boys.

C) about the same in both genders.

D) greater in early-maturing girls than in late-maturing boys.

64) Brianna, an adolescent girl, is more susceptible to feelings of body dissatisfaction if she compares herself to

A) Keegan, her twin brother.

B) Keira, her older sister.

C) Barbara, her mother.

D) Ayomi, her best friend.

65) The rapid increase in body fat that adolescent girls experience

A) leads to a majority of adolescent girls dieting unnecessarily.

B) leads to an increase in healthy eating patterns among adolescent girls.

C) increases feelings of body dissatisfaction among Black adolescent girls.

D) is a major risk factor for obesity among adolescent girls.

66) There is strong pressure on girls to be thin in which parts of the world?

A) America, Europe, and Asia

B) Africa and the Middle East

C) the Southern Hemisphere

D) the Eastern Hemisphere

67) Taneka, an early maturing Black girl who is not yet dating, is more likely to \_\_\_\_\_\_\_\_ than her friends who are romantically involved.

A) have a positive body image

B) be depressed

C) diet unnecessarily

D) feel pressure to be thin

68) The biological changes that take place during puberty can indirectly cause changes in adolescents' behavior in which of the following ways?

A) The biological changes cause the adolescent to feel moodier as he or she matures.

B) The biological changes affect the adolescent's self-image.

C) The biological changes cause the adolescent's sleep cycle to shift earlier.

D) The biological changes cause increased emotional distance from parents in all ethnic groups.

69) Dr. Davis is interested in how puberty affects adjustment. He studies a group of 100 junior high school students over the course of three years. He is conducting what kind of study?

A) longitudinal

B) cross-sectional

C) case study

D) correlational

70) A research design in which subjects of different ages are assessed simultaneously is called a \_\_\_\_\_\_\_\_.

71) Which of the following statements about body image is true?

A) Adolescents tend to have negative feelings about their bodies when they begin puberty.

B) Adolescents' feelings about their bodies when they begin puberty change little over time.

C) Adolescents' feelings about their bodies depend on how their peers view them.

D) Adolescents tend to have positive feelings about their bodies when puberty is complete.

72) Which of the following statements about adolescent mood swings is true?

A) The effect of hormones on adolescent mood swings is strongest towards the end of puberty.

B) Adolescents' moods fluctuate during the course of the day more than the moods of adults do.

C) Adolescent girls are more prone to mood swings than their male peers.

D) Pubertal hormones make adolescents less responsive to their social environment.

73) Which of the following plays the greatest role in the development of depression?

A) rapid increases in hormones

B) early maturation

C) stressful life events

D) the delayed phase preference

74) Studies show that adolescent mood swings are most closely related to changes in

A) hormone levels.

B) seasons.

C) nutrition.

D) activities.

75) Dr. Achikeh is studying how low self-esteem during puberty affects individuals over time. As she recruits candidates for her study, she finds that adolescents with a negative body image are more likely to come from which group?

A) Black females

B) Black males

C) White females

D) Hispanic males

76) Which of the following students is most at risk of developing depression?

A) Johan, a teenage boy who stays up until 12 a.m. every night reading books and begins school at 10 a.m.

B) Sofia, a teenage girl who stays up until 12 a.m. using her smartphone and begins school at 8 a.m.

C) Afua, a teenage girl who goes to bed at 10 p.m. and begins school at 8 a.m.

D) Hinata, a teenage boy who stays up until 1 a.m. watching television and begins school at 10 a.m.

77) Given a choice, Darrell would prefer to stay up until 1:00 a.m. and sleep until 10:00 a.m. This pattern is called the

A) secular trend.

B) delayed phase preference.

C) longitudinal design.

D) Tanner stages.

78) Which of the following statements accurately describes melatonin activity during adolescence?

A) The cycle of melatonin secretion is shifted earlier at puberty.

B) The cycle of melatonin secretion is shifted later at puberty.

C) Melatonin levels are not affected by puberty.

D) Melatonin levels change only after puberty is complete.

79) The delayed phase preference suggests that school should

A) be held in the afternoon and evening.

B) be held year-round.

C) begin later in the morning.

D) begin earlier in the morning.

80) Maia has an erratic sleep schedule. On weekdays she stays up past midnight and gets up early for school. On weekends she stays up even later and sleeps in until noon. The best way for Maia to improve her sleep is to

A) go to bed early on weekdays and stay up late only on weekends.

B) go to bed early on weekends to make up for lost sleep during the week.

C) get up at the same time on both weekdays and weekends.

D) get up whenever she feels most awake on weekends.

81) Farez's school schedule has changed, and he now gets an extra hour of sleep in the morning. Farez is most likely to experience which of the following?

A) improved self-control

B) cognitive impairment

C) obesity

D) a later rise in melatonin

82) Compared with several decades ago, today's teenagers get

A) about the same amount of sleep.

B) more variable amounts of sleep.

C) significantly more sleep.

D) significantly less sleep.

83) The nighttime increase in melatonin likely begins latest in which of the following individuals?

A) Okapi, a thirteen-year-old boy who has just begun puberty

B) Rochana, a fourteen-year-old girl who experienced menarche two years prior

C) Aleksy, a fourteen-year-old boy who is still developing pubic hair

D) Olivia, a fifteen year old girl who is just beginning to develop breasts

84) Melatonin levels change naturally in response to

A) stress hormones.

B) androgens and estrogens.

C) sleep-wake cycles.

D) the amount of light.

85) The \_\_\_\_\_\_\_\_ is the minimal amount of energy one uses when resting.

A) basal metabolism rate

B) delayed phase preference

C) secular trend

D) feedback loop

86) The ratio of an individual’s weight to height, used to gauge when a person is overweight or obese, is called

A) change in body composition.

B) body mass index.

C) secular trend.

D) feedback loop.

87) Which of the following is true about obesity?

A) Obesity is a body mass index at or above the 95th percentile.

B) Thirty percent of American adolescents are obese.

C) The rate of obesity has quadrupled since 2005.

D) Obesity is caused by a low basal metabolic rate.

88) Which group has seen the greatest rise in obesity?

A) Black girls

B) Black boys

C) White boys

D) White girls

89) According to the textbook, in general, the amount of time individuals spend in sedentary activities

A) increases from childhood to adolescence.

B) decreases from childhood to adolescence.

C) remains the same from childhood to adolescence.

D) is directly related to socioeconomic status.

90) Which of the following statements about obesity is true?

A) Obesity is especially prevalent among middle class adolescents.

B) Adolescent obesity has been especially dramatic among White males.

C) Adolescent obesity is limited to the United States.

D) Obesity is the most serious health problem of American adolescents.

91) Which of the following adolescents is most likely to maintain a healthy weight?

A) Maryam, who gets inadequate sleep on school nights

B) Kevin, who has a history of depression

C) Anton, whose friends love junk food

D) Charice, who is a member of her school's tennis team

92) Rosa often eats large amounts of fast food quickly. Rosa is upset by her eating habits but cannot seem to stop. Tanya believes that "thin is in" and uses vomiting and laxatives as a way to keep her weight down. Both girls exhibit what psychologists call

A) disordered eating.

B) bulimia.

C) anorexia nervosa.

D) binge eating disorder.

93) Which of the following is associated with disordered eating in the United States?

A) having a positive body image

B) having parents who are healthy weight

C) alcohol and tobacco use

D) strong friendships

94) Kasmitha has been known to go on eating binges and then purge immediately afterward. Kasmitha is probably suffering from

A) anorexia nervosa.

B) bulimia.

C) binge eating disorder

D) obesity.

95) Fabiola has been known to exercise excessively, count calories, and diet obsessively. She is currently depriving herself of food even though she is 20 pounds underweight. Fabiola is probably suffering from

A) anorexia nervosa.

B) bulimia.

C) binge eating disorder.

D) depression.

96) The potentially fatal disorder in which young women actually starve themselves is called

A) bulimia.

B) anorexia nervosa.

C) obesity nervosa.

D) purging.

97) Eating disorders are more common in

A) Black adolescents than White adolescents.

B) affluent adolescents than poor adolescents.

C) White adolescents than Hispanic adolescents.

D) female adolescents than male adolescents.

98) Which of the following teenagers most closely resembles the profile of someone who has binge eating disorder?

A) Ye-jun, a wrestler who nearly starves himself so he can stay in his weight bracket

B) Carla, a gymnast who binges on junk food but makes herself vomit after each meal

C) Solomon, a football player who believes he is overweight and exercises twice a day, seven days a week

D) Sherri, a volleyball player who binges on junk food but does not engage in any weight loss behaviors

99) Which of the following statements about cultural influences on disordered eating is correct?

A) Anorexia nervosa is more prevalent in Western cultures.

B) Rates of anorexia nervosa vary based on body ideals across cultures.

C) Bulimia is found all over the world and is more linked to genetics than culture.

D) Rates of bulimia are influenced by levels of body dissatisfaction in Western cultures.

100) Which adolescent has the lowest risk of developing an eating disorder?

A) Valeria, a second-generation Colombian American girl who wants to fit in with American culture

B) Tengfei, a late-maturing boy who has a good relationship with his parents

C) Brooklyn, a girl whose mother diets frequently and was diagnosed with bulimia as a teenager

D) Dominique, an early-maturing Black girl who loves reading fashion magazines

101) Which of the following is an example of an extremely disturbed body image, as is seen with eating disorders?

A) Selma, who has a body mass index in the 5th percentile and believes she is overweight

B) Angelica, who has a body mass index in the 88th percentile and believes she needs to lose weight

C) Rania, who has a body mass index in the 85th percentile and is happy with her body

D) Esther, who has a body mass index in the 55th percentile and has a negative body image

102) Adolescent girls' belief that being thin will make them more popular with boys is based on

A) images from movies, television, and magazines.

B) the opinions of their parents and peers.

C) the reality of their experiences.

D) their own negative self-images.

103) Perez is treating Ethan, a fifteen-year-old boy for bulimia. Dr. Perez should be aware that

A) Ethan probably also uses anabolic steroids and exercises excessively.

B) Ethan's condition may have resulted from being bullied by his peers.

C) Ethan's condition will not likely persist into adulthood.

D) Ethan may also need treatment for other mental health problems.

104) Dr. Singh believes that adolescence is a time of storm and stress caused by the production of new hormones. Do you agree or disagree with her conclusion? Be sure to support your answer with what you know about the physiological changes of adolescence. (HINT: What do we know about the endocrine system?)

105) In Mr. Novak's 7th grade health class, there is a pair of 12-year-old fraternal twins, Shawn and Serenity. Serenity has recently grown a couple inches taller than Shawn, and he is concerned that he's not growing as fast as she is. What changes should Shawn expect to go through during puberty compared with his sister? What are the changes in growth and sexual maturation that boys and girls experience during puberty and how do they differ?

106) Over the years you've kept in touch with your high school counselor, who has now asked you (an adolescent development expert!) to talk to the parents of his high school students. He has asked you to give a parenting class focusing on the types of issues and events parents might expect to occur during puberty, with an emphasis on problems parents might anticipate and how to avoid these problems. What will you tell the parents?

107) Imagine that your friend has told you that she recently heard that scientists can use a person's DNA to determine exactly when that person will go through puberty. Do you agree with her? What evidence supports your decision?

108) Maria and John are the first two students in their class to begin the transition into adolescence. Based on what you know about the timing of puberty during adolescence, what effect, if any, will this have on Maria and John's development?

109) Emma and Montrell are the last two students in their class to begin the transition into adolescence. Based on what you have learned about the timing of puberty during adolescence, what effect, if any, will this have on Emma's and Montrell's development?

110) Diego, an adolescent boy, and Hiyori, an adolescent girl, are both in the middle of puberty. They have each noticed changes in the physical structure of their bodies. Describe the changes in stature and dimensions of the body that Diego and Hiyori have already or will most likely experience. Given the nature of sex differences in the physical changes of puberty, is it inevitable that Hiyori will experience body dissatisfaction? What about Diego?

111) Fifteen-year-old Maya's parents are worried about her. Maya seems to be sleepy all the time. She sometimes falls asleep at the kitchen table when she gets home from school, but stays up late at night, past 11 p.m., when her parents go to sleep. Maya also seems to be irritable a lot of the time. On weekends, Maya usually sleeps until noon, even though her parents have asked her to get up earlier to help with chores. Maya's parents insist that she never had any problems like this when she was younger. How would you explain the changes in Maya's behavior (particularly her sleep changes) to her parents?

112) You are giving a presentation on puberty and eating disorders to parents at a junior high school. What would you say so that they understand the relationship between puberty and eating disorders?