

# Growth and Personality Development

Chapter 22: Growth and Personality Development · Topic 1

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## Key Concept

Physical growth includes becoming taller, stronger, and developing new physical abilities as we move through childhood and adolescence.

Personality development involves forming our character, values, and ways of thinking, influenced by family, friends, and experiences.

Positive experiences, good habits, and supportive relationships contribute to healthy personality development.

Understanding growth and personality development helps us appreciate our own journey and support others in their development too.

## Quick Revision Notes

- Physical growth: taller, stronger over time.
- This happens through childhood, adolescence.
- Personality development: character, values, thinking.
- Influenced by family, friends, experiences.
- Positive experiences aid healthy development.
- Good habits also help.
- Supportive relationships matter too.
- Understanding this helps our own journey.

## Practice Questions

- 1 Discuss a physical change you've noticed as you grow.
- 2 Discuss a value your family has taught you.
- 3 Talk about a positive experience that shaped you.
- 4 Discuss how friends influence personality.
- 5 Discuss why supportive relationships matter.
- 6 Reflect on your own growth journey.