

Physical Changes During Adolescence

Chapter 6: Adolescence: A Stage of Growth and Change · Topic 1

Key Concept

These changes typically begin earlier in girls (around 10-12 years) than in boys (around 12-14 years), though the exact timing varies from person to person. Hormones — chemical messengers released by glands in the body — control the pace and pattern of these changes; the pituitary gland, often called the 'master gland,' signals other glands to begin producing the hormones responsible for puberty. These changes are a completely normal part of human development.

Quick Revision Notes

- Adolescence is the transition stage between childhood and adulthood.
- Physical changes are triggered by hormones released during puberty.
- Changes typically start earlier in girls (10-12 yrs) than boys (12-14 yrs).
- The pituitary gland (the 'master gland') signals the start of puberty-related hormone release.

Practice Questions

- 1 List two physical changes that occur during adolescence.
- 2 Explain the role of the pituitary gland during puberty.
- 3 Why does the timing of puberty vary between individuals?