

Endocrine System and Adolescence

Chapter 22: Endocrine System and Adolescence · Topic 1

Key Concept

The endocrine system consists of glands, like the pituitary, thyroid, and adrenal glands, that release hormones directly into the bloodstream.

Hormones are chemical messengers that regulate growth, metabolism, mood, and other body functions.

During adolescence, increased hormone production (like growth hormone and sex hormones) causes physical changes like growth spurts and puberty.

Understanding the endocrine system and adolescent changes helps us better navigate and support this important developmental period.

Quick Revision Notes

- The endocrine system has glands like pituitary, thyroid, adrenal.
- Glands release hormones into the bloodstream.
- Hormones are chemical messengers.
- They regulate growth, metabolism and mood.
- Adolescence involves increased hormone production.
- Growth hormone and sex hormones cause changes.
- This causes growth spurts and puberty.
- Understanding this helps navigate adolescence.

Practice Questions

- 1 Research the function of the pituitary gland.
- 2 Discuss what hormones do in the body.
- 3 Explain physical changes during adolescence.
- 4 Research the thyroid gland's role.
- 5 Discuss why understanding these changes is helpful.
- 6 Explain the connection between hormones and growth.