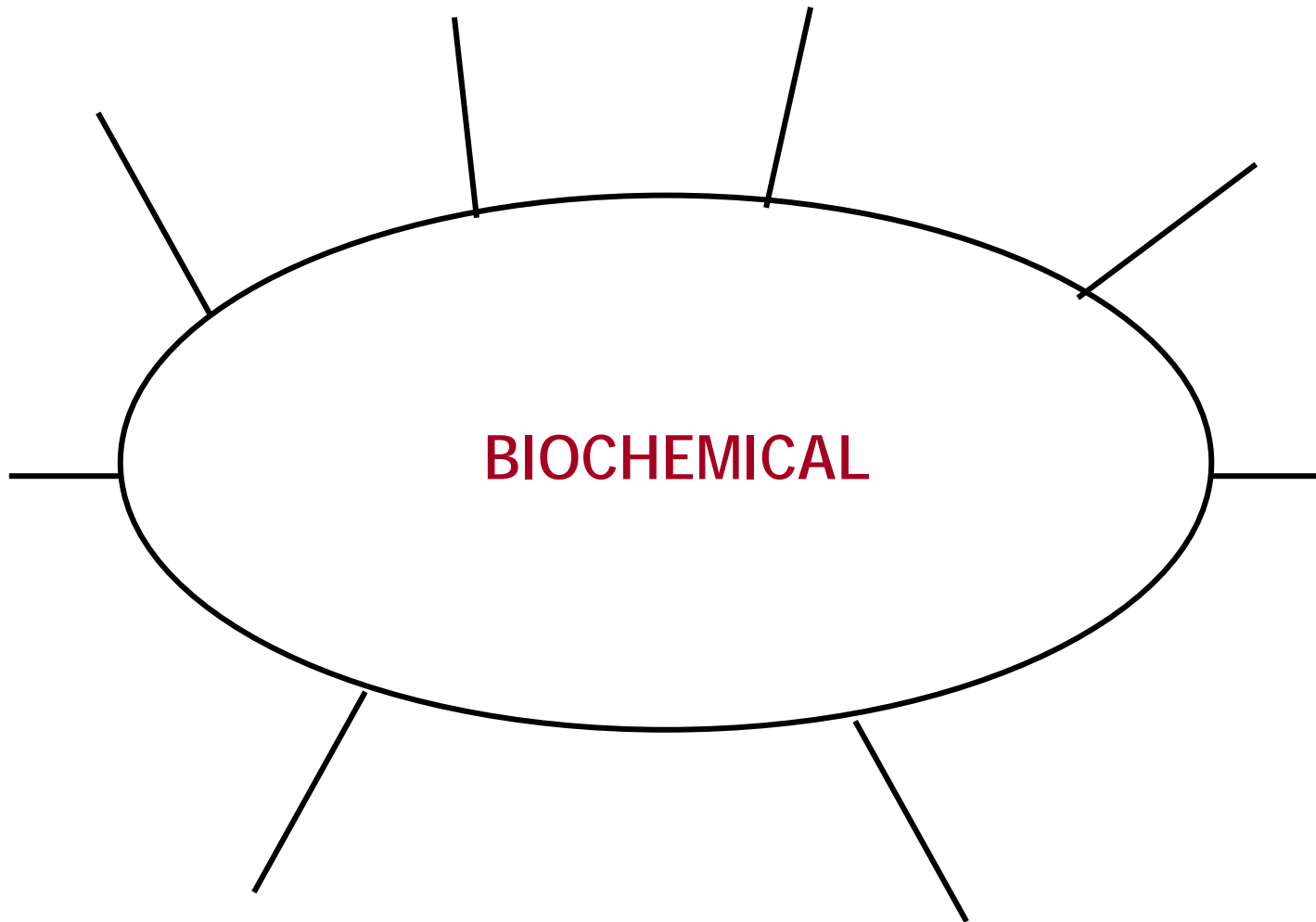
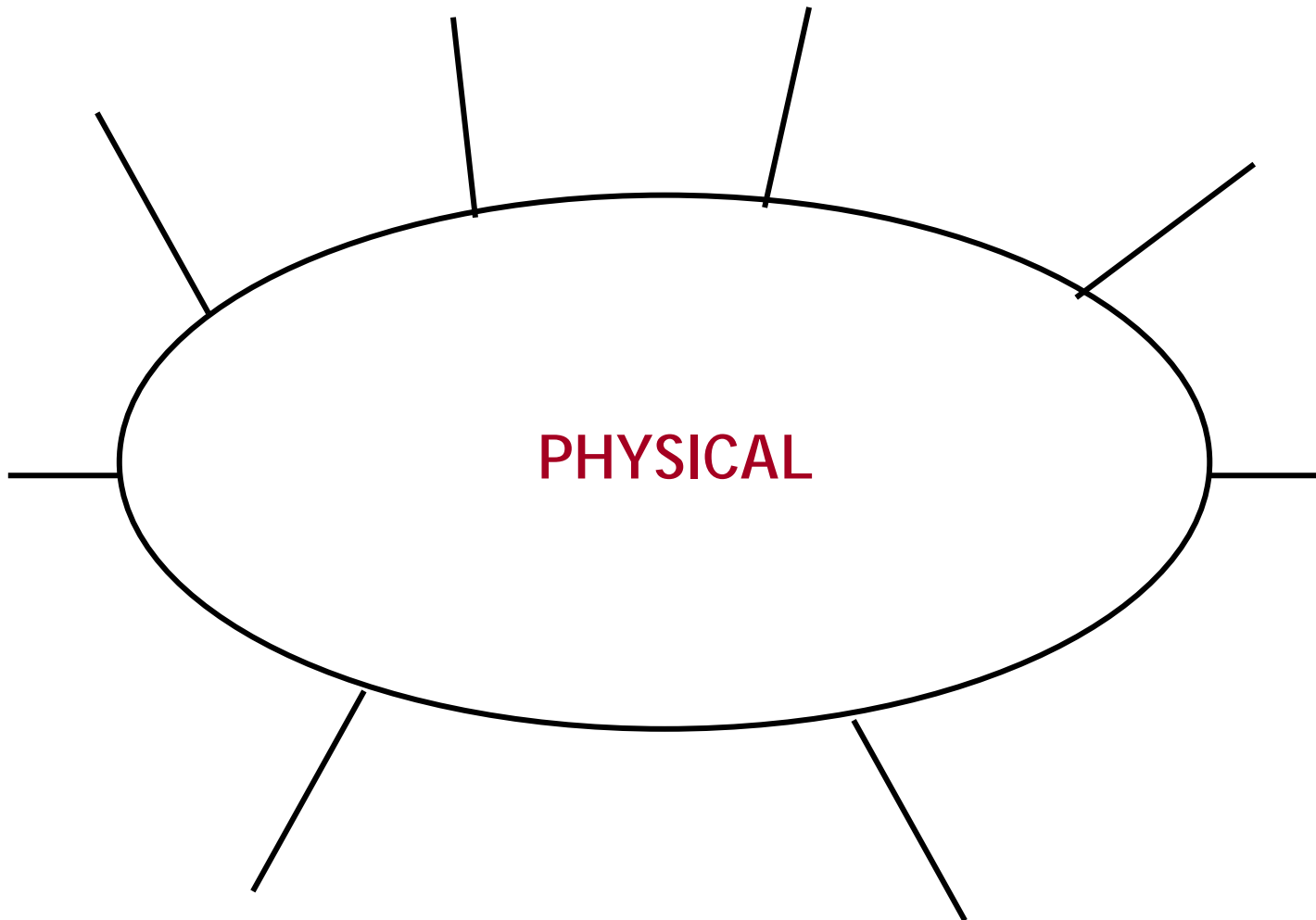
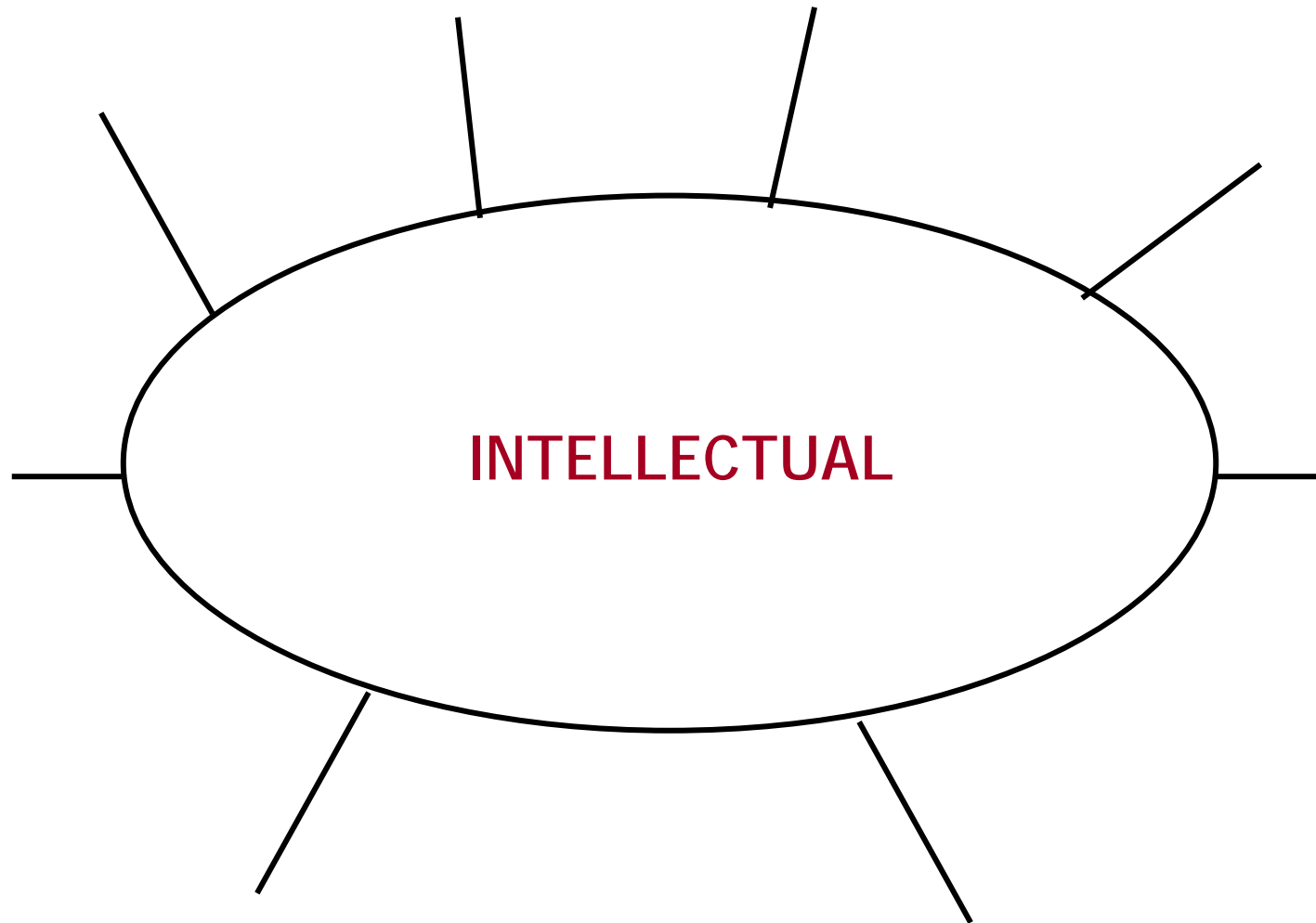


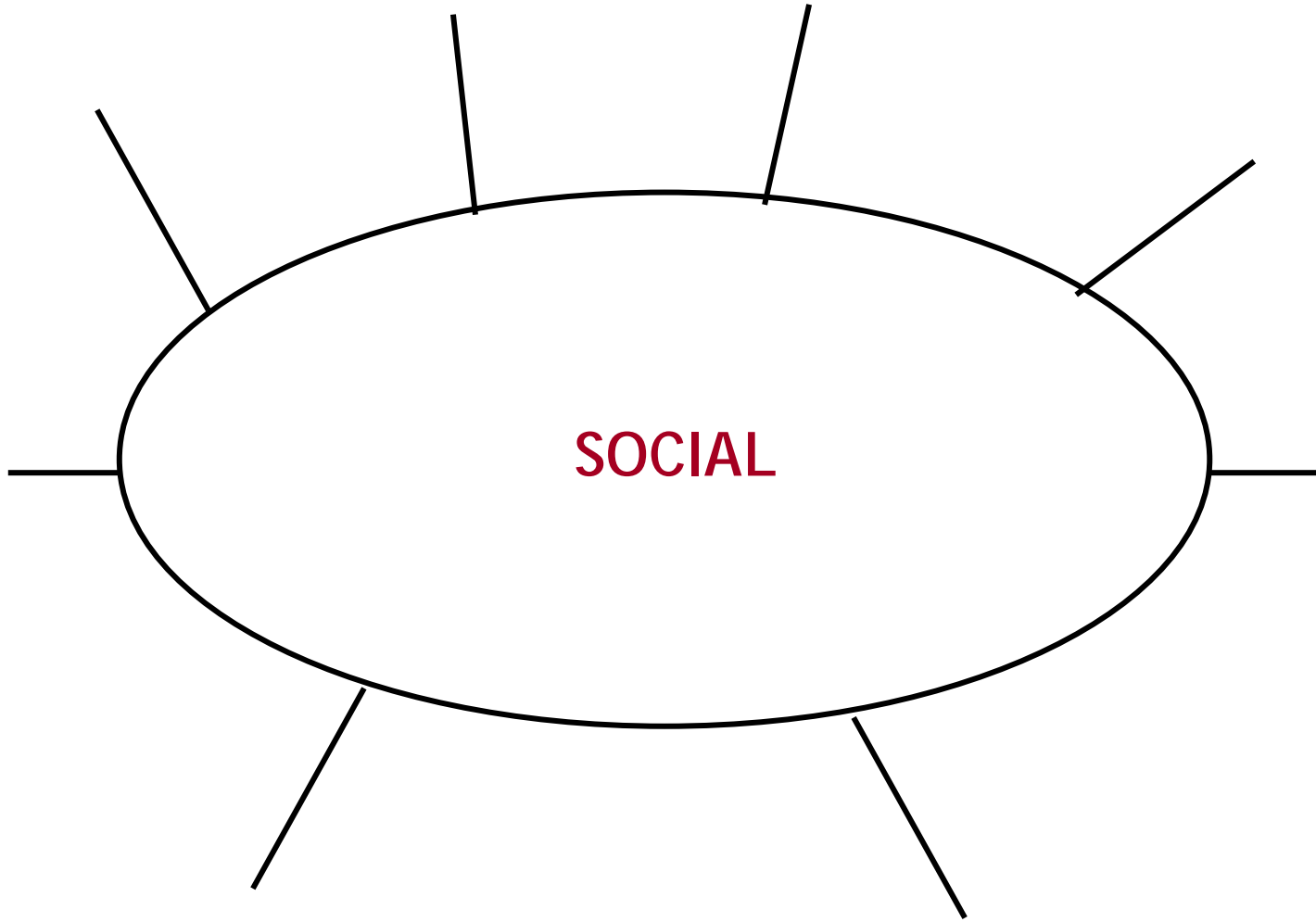
## Towards Independence

BIOCHEMICAL	PHYSICAL	EMOTIONAL	INTELLECTUAL	SOCIAL	ECONOMICAL
Capacity to reproduce	Physical space	Emotional space	Ability to reason and think rationally	Personal space	Employment
Physical growth i.e. strength & size	More bodily hair	Self-awareness	Shape own ideas & beliefs	Self-Identity	Enterprise
Physicality	Breasts enlarge	Self-conscious	Challenge/reject parents' views, beliefs, value system	Music	Financial freedom
Sexual	Hips widen	Self-esteem		Clothes	Purpose and meaning
Characteristics	Acne	Mood swings		Car	Significance
Menstruation	Muscular definition	Negative emotions –	Expectations	Different language	Live independently
Hormonal	Voice deepens	Anger /frustration	Challenge status quo	Values	Adult responsibilities
Puberty	Sweat more	Positive emotions +	Assert own beliefs	Moral beliefs	Pay for the things you want
	Physical appearance	Feeling good optimistic about the future	Freedom	Role confusion	Status
	Physical attraction	Regression		Attach to groups	Respect
		Depression		Peer influence/ pressure	Control
		Melancholia		Seek role models to help	Money management
		Withdrawal		Relationships	
		Lack of communication			
		Mental Health			

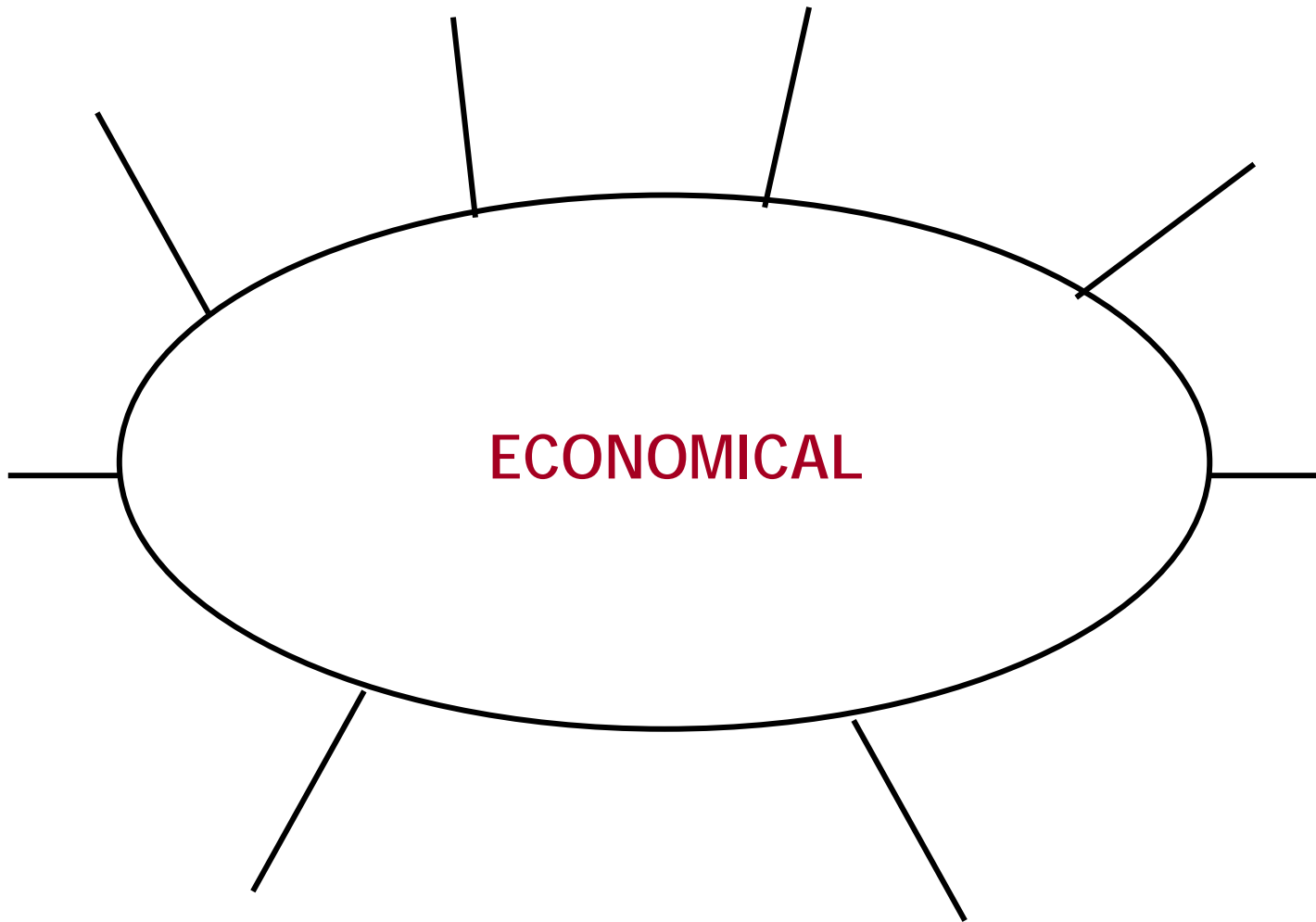








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Finish lesson by asking a volunteer to read out the following to the whole class:



### **This is a message from the film Character Leon - Age 17**

“Boy I was so ungrateful. I had all the home comforts money could buy and didn’t appreciate what I had. I reflected on what Marlon had said, and I looked at my own attitude and behaviour and how it may have been contributing to the problems at home with my stepdad Nigel. He can be a little annoying at times and too much in my face. When I think about it, he tried his best to be a father figure and provider for Ryan and me, since he married our mum and moved in with us. I am glad Ryan insisted that I returned home. Things are not too bad after all. I am feeling a lot more optimistic about the future. I still have my struggles and disappointments, but I am grateful for the support that is available at home and elsewhere. I know where to get the information and guidance I need to help me in my decision-making as I follow my dreams to make it big in the music business. In the meantime I am working part-time to support my self financially and help out at home. Mum and Nigel are happy, as at least I am making an effort and doing something positive with my life.”