

You and Your Teenager

Index

(An asterisk (*) sign has been placed alongside important points)

| | |
|---|-----------|
| Chapter 1 : Teenager and Adolescents | 13 |
| 1. Difference between Teenagers and Adolescents | 13 |
| 2. Goals of Teenagers | 13 |
| Male Reproductive Unit and System | 17 |
| 3. Structure of Sperm | 17 |
| 4. Sperm formation and its passage | 17 |
| 5. Difference in location of testes and ovaries | 18 |
| 6. Variation in size of right and left testes | 19 |
| 7. Absence of one or both testes in some children and its effect on sexual development during adolescence | 19 |
| 8. Structure and length of the penis | 20 |
| 9. Relation of the size of the penis to sex urge or fertility | 21 |
| Female Reproductive Unit and System | 21 |
| 10. Structure of the ovum | 21 |
| 11. Number of ova produced by a female | 22 |
| 12. Reproductive system of a female | 23 |
| Chapter 2 : Hormones and Teenagers' Problems | 26 |
| 1. Hormones | 26 |
| 2. Functions of hypothalamus | 27 |

| | |
|--|-----------|
| 3. Pituitary gland | 28 |
| 4. Hormones secreted by Anterior Pituitary gland and their function | 28 |
| 5. Hormones secreted by Posterior Pituitary gland and their function | 30 |
| 6. Hormones secreted by thyroid gland and its function | 30 |
| 7. Male sex hormone and its functions | 30 |
| 8. Suprarenal's, their structure and function | 31 |
| 9. Diseases caused by abnormal function of Suprarenal Cortex | 32 |
| 10. Hormones secreted by thyroid gland and its function | 32 |
| 11. Goitre of puberty | 32 |
| Chapter 3 : Secondary Sex Characteristics | 34 |
| 1. Onset of Puberty | 34 |
| 2. Appearance of secondary sexual characteristics in boys | 34 |
| 3. Appearance of secondary sexual characteristics in girls | 35 |
| 4. Appearance of secondary sexual characteristics in puberty | 36 |
| 5. Change of voice during adolescence in boys | 36 |
| 6. Delayed puberty | 36 |
| Chapter 4 : Menstruation | 37 |
| 1. Menstruation | 37 |
| 2. First menses in girls - Menarche | 37 |
| 3. Relation of menarche and height | 38 |
| 4. Regularity of monthly period | 38 |
| 5. Cessation of monthly period - Menopause | 39 |

| | |
|--|-----------|
| 6. Untouchability of a menstruating lady - tradition in India | 40 |
| 7. Common menstrual disorders | 40 |
| 8. Effect of climacteric or Menopause | 41 |
| 9. Misconceptions about menopause | 43 |
| Chapter 5 : Breasts | 45 |
| 1. Structure of Breasts | 45 |
| 2. Factors controlling the size of breasts | 45 |
| 3. Misconceptions about breasts in adolescent girls | 46 |
| 4. Measures for increasing size of breasts | 47 |
| 5. Asymmetric enlargement of breasts in adolescent girls | 48 |
| 6. Prominent breasts in an adolescent boy | 48 |
| Chapter 6 : Normal variation in sexual maturation and stature | 50 |
| 1. Early sexual maturation - Precocious puberty | 50 |
| 2. Causes of delayed sexual maturation | 51 |
| 3. Adolescents (14 to 15 years) looking younger (8 to 9 years) | 51 |
| 4. Causes of short stature | 52 |
| 5. Measures to increase the height of a child | 53 |
| 6. Causes of tall stature | 53 |
| 7. Measures to reduce the height in girl | 54 |
| 8. Causes of faulty posture | 54 |
| Chapter 7 : Skin and Hair | 56 |
| 1. Pimples - their management | 56 |
| 2. Lines appearing over skin of thigh, buttocks and shoulders in adolescents | 56 |

| | |
|---|-----------|
| 3. Difference in distribution of hair in men and women | 57 |
| 4. Hairy girls 5. Causes of baldness | 58 |
| Chapter 8 : Growth and development | 59 |
| 1. Growth and development of teenagers - characteristics and its practical implications | 59 |
| 2. Nutritional requirements during adolescence | 62 |
| 3. Improving one's interest and concentration in study | 63 |
| 4. Becoming a successful group leader | 65 |
| Chapter 9 : Smoking and Drug addiction | 67 |
| 1. Smoking or tobacco chewing - injurious to health | 67 |
| 2. Drug addiction | 69 |
| 3. Effect of drugs that can cause addictions | 70 |
| 4. Suspecting drug addiction in a child | 76 |
| 5. Common drugs causing addiction | 77 |
| 6. Factors impelling young people to seek drugs | 79 |
| 7. Treatment of a drug addict | 81 |
| Chapter 10 : Teenager - Parent interaction | 84 |
| 1. Parents grumbling about their teenager | 84 |
| 2. Thoughts and behaviour of adolescent children | 86 |
| 3. Avoiding friction between adolescents and parents | 87 |
| 4. Generation gap | 89 |
| 5. Narrowing generation gap | 91 |
| 6. Hints to tackle teenagers tactfully | 93 |
| 7. Training teenager to live a happy and peaceful life | 95 |

Preface

This book deals with the peculiarities and problems of teenagers that is adolescents and their parents. Adolescence is the period of rapid growth during which sexual maturation occurs and the child becomes an adult.

The anatomy and physiology of reproductive organs are given. The common problems of adolescence like pimples, faulty posture, masturbation and menstrual disorders are discussed. The dangers of smoking, alcohol and drug addiction are stressed.

Teenagers should strive to establish their identity by continuing education and acquiring skill and proficiency in the selected subjects and imbibing good qualities so that they can become good husbands or wives and later responsible parents and citizens.

Friction between teenagers and their parents is a common story. Important hints are given to both teenagers and their parents, so that the teenagers can pass through their adolescence smoothly and develop better ties with their parents.

This book gives in detail the duties of parents & discusses the practical problems faced by parents in rearing and guiding their teenagers. The various defects in the personalities of parents and the common mistakes committed by them in rearing their teenagers are also discussed. I am sure this book will help both the teenagers and their parents to understand each other. It will help the parents to guide their teenagers tactfully and give them an insight for becoming better parents. - **Authors**