Directions:
Fill in the blanks.

**Cognitive, Emotional & Social Development Segment**

1. The Female Adolescent Stage
- Starts as early as age ____________ and ends at age 19
- Is when abstract thinking forms
  - thinking in terms of concepts and principles
    - for example, perceiving a bed and chair as furniture
- Is characterized by puberty
  - when an individual becomes capable of ______________

2. Cognitive Development
- Includes:
  - development in brain function and structure
    - frontal lobe
      - ______________, judgment, emotional regulation; most development during teen years
    - occipital lobe
      - ______________ and cognition

3. Cognitive Development
- Includes:
  - development in ______________ and structure
    - parietal lobes
      - integrate auditory, visual and tactile signals
    - temporal lobes
      - emotional ______________
4. Cognitive Development
• Includes:
  – major development in the prefrontal cortex, which is found in the ______________
    • associated with ______________, planning, decision-making, impulse control
  – improvements in information processing
    • five areas of improvement:
      – selective attention and divided attention
      – memory
      – processing speed
      – organization
      – metacognition

5. Cognitive Development
• Includes:
  – metacognition
    • thinking about thinking itself
  – ______________
    • thinking about your own emotions
  – self-consciousness
    • thinking about how others think about you
  – ______________
    • social thinking

The significance of cognitive development is each type of thinking is important to establish a sense of identity.

6. Cognitive Development
• Includes:
  – ______________ thinking
    • looking at problems from multiple perspectives
  – relativism
    • a shift from absolute thinking, to seeing things with more skepticism
  – changes in ______________
    • later sleep and wake times
    • during puberty melatonin is produced two hours later than adults on average
7. Emotional Development
• Includes:
  – development of self-esteem
    • outside factors such as popularity differences, gender differences and _____________ impact development
  – moodiness
    • fluctuates throughout the day
    • not just hormonal also environmental
    • feels _____________ and random

8. Emotional Development
• Includes:
  – learning to cope with _____________
  – learning emotional regulation
    • recognizing type of emotion and _____________

9. Social Development
• Includes:
  – peer relationships
    • dating and sexual behavior
    • pressure to fit in
  – _____________ relationships
    • increased conflict and distance between parents and children
  – _____________
    • experimentation with drugs and alcohol is common due to social expectations

10. Guidance Techniques
• For parents of adolescents include:
  – proving _____________ and limits
  – having patience
  – providing encouragement and support
  – teaching responsibility
  – showing respect
  – slowly providing _____________
Female Anatomy Segment
1. Female Reproductive System
   • Has many structures and functions
     – main function of system is to provide egg cells for reproductive purposes and carry _____________to term
     – structures go through many changes during _____________

2. The Female Anatomy
   • Includes:
     – _____________
       • produces _____________or eggs
       • female hormones estrogen and progesterone

3. The Female Anatomy
   • Includes:
     – _____________
       • tubes transporting ovum or egg to uterus
       • where _____________occurs

4. The Female Anatomy
   • Includes:
     – _____________
       • when an egg is fertilized it implants in lining
       • when there is not a fertilized egg the _____________

5. The Female Anatomy
   • Includes:
     – _____________
       • bottom end of uterus
       • opening between uterus and vagina
         – where sperm, _____________and fetus pass through

6. The Female Anatomy
   • Includes:
     – _____________
       • pathway for menstrual flow and sperm
       • _____________
7. **The Female Anatomy**  
   - Includes:  
     - ________________  
       - opening for ____________ passage

8. **The Female Anatomy**  
   - Includes:  
     - ________________  
       - sensitive tissue for ____________

9. **The Female Anatomy**

![Female Anatomy Diagram]

10. **The Female Anatomy**

![Female Intimate Anatomy Diagram]
**Puberty Segment**

1. **Puberty**
   - Is the period of time when sexual characteristics develop and ______mature
   - Is caused by the brain releasing a special hormone called the gonadotropin-releasing hormone
     - when hormone reaches pituitary gland, gland releases two more puberty hormones:
       - ________
       - follicle-stimulating hormone

2. **Luteinizing & Follicle-Stimulating Hormones**
   - Stimulate secretions of sex hormones from ovaries
     - starts secretion of ________and progesterone
     - helps with egg production and ________

Secondary sex characteristics are visible physical changes to the body during puberty.

3. **Puberty**
   - Occurs between the ages of ________and 16
   - Causes changes which occur gradually or very rapidly
     - will see greatest amount of growth during adolescence
     - will experience many growth spurts and ________

4. **Adolescence**
   - Is the period of development which occurs around the age of ________
     - adolescents face ________ and puberty changes

5. **Emotional Changes**
   - Occur during puberty such as the following:
     - desire to control ________and be independent
     - emotions and feelings are stronger than before
     - desire for relationships increases
     - mood changes
       - ________
6. Physical Changes
• Which occur include:
  – weight
    • increase by 15 to _____________
  – height
    • increases by _____________to 10 in.

7. Physical Changes
• Which occur include:
  – _____________ become more active during puberty
    • causes _____________
Acne usually begins around the start of puberty and lasts throughout the teen years.

8. Acne
• Is a skin condition appearing as _____________
• Is caused by the oil glands’ increased production of oil during puberty
• Includes four types:
  – whitehead
  – blackhead
  – _____________
  – cyst
If you are bothered by acne, you can visit your doctor to receive a prescription.

9. Types of Acne
• Include:
  – _____________
    • when a clogged pore closes and bulges out from skin
  – blackheads
    • when a clogged pore stays open and surface becomes _____________
10. Types of Acne
   • Include:
     – pimples
       • small red ______________ caused by bacteria and dead skin cells
     – ______________
       • clogged pores deep in skin; possibly leading to a larger infection

11. Acne Prevention Techniques
   • Include:
     – drinking the recommended ______________ glasses of water each day
     – washing your face every day
     – using over-the-counter products designed to fight breakouts
     – keeping hair off of face
       • hair’s natural oils can cause face to become ______________

12. Acne Prevention Techniques
   • Include:
     – using ______________ products on your face
     – avoiding putting your hands on your face
       • your hands can transfer bacteria to your face and this causes breakouts
     – visiting a doctor to talk about your acne and to receive a ______________

13. Physical Changes
   • Which occur include:
     – breast development
       • stage 1: preadolescent; only tip of nipple is ______________
       • stage 2: buds appear; breast and nipple raised and dark area which surrounds nipple and ______________
14. Physical Changes
- Which occur include:
  - breast development
    - stage 3: breasts are slightly larger with ______breast tissue present
    - stage 4: areola and nipple become raised and form a second mound above rest of breast
    - stage 5: mature adult breast; breast becomes ______and nipple is raised

15. Physical Changes
- Which occur include:
  - ______
    - begins to grow on body between ages 12 and 14
due to puberty, will occur on the following areas:
  - around the genitals
  - underarms
  - legs
    - will become ________and coarser

16. Physical Changes
- Which occur include:
  - menstruation
    - is a normal process for females and is nothing to be afraid of
    - begins between ________
    - happens usually every month
    - lasts between three and seven days
    - indicates a girl is physically capable of becoming ________

Menstruation is also referred to as a period.

17. Menstrual Cycle
- Lasts from the first day of one period to the first day of the next period
- Is typically ________long, but varies from woman to woman with some being as short as 22 days and others as long as ________

No one will know when a girl has a period other than the girl. You cannot tell if a person is having a period by looking at them.
18. Menstrual Cycle
• Involves many changes occurring in the female body such as:
  – hormones being _____________ to different parts of the body to help prepare for potential pregnancy
  – ovaries produce the hormones estrogen and progesterone
    • hormones trigger changes in _____________, the lining of uterus

19. Menstrual Cycle
• Involves many changes occurring in the female body such as:
  – pituitary gland releases other hormones which stimulate the maturing and release of the _____________ from the ovary which is referred to as ovulation
    • usually occurs on day _____________
When a girl is born, she has about 60,000 eggs.

20. Menstrual Cycle
• Involves many changes occurring in the female body such as:
  – after _____________, egg moves into one of the fallopian tubes
    • if egg is fertilized by sperm, fertilized egg will travel down fallopian tube and attach to uterus
    • if egg is not fertilized, egg begins to fall apart, estrogen and progesterone levels drop and uterine lining breaks down and is shed
      – bleeding which occurs is what is known as a _____________

21. Menstrual Cycle
• May be irregular the first few years after menstruation begins
  – may be shorter
    • _____________
  – may be longer
    • 6 weeks
  – may only have three or _____________ periods a year
22. Menstrual Cycle
- May be irregular the first few years after menstruation begins
  - the absence of a period is known as _____________
- if a girl has not begun menstruating by 15 or _____________ years after the first signs of puberty she may need to visit a doctor as a precautionary measure

23. Menstrual Cycle

24. Menstruation
- Can be tracked by using a calendar and marking the starting and ending dates of the period
  - it is helpful for a girl to figure out _____________
  - it is also important to note irregularities which could be the signs of pregnancy or a _____________
25. Feminine Hygiene Products
   • For periods include:
     – sanitary napkin or _____________
     • an absorbent item which attaches to an _____________ and
       is worn while menstruating to absorb the flow during a period

26. Feminine Hygiene Products
   • For periods include:
     – _____________
     • mass of absorbent material inserted into the
       _____________ to absorb the flow during a period

27. Toxic Shock Syndrome (TSS)
   • Is a rare illness caused by _____________
   • Usually occurs in women who use high absorbency tampons during
     their period and do not change the tampon frequently
   • Symptoms include:
     – high fever
     – vomiting
     – diarrhea
     – sunburn-like rash
     – red eyes
     – _____________
     – lightheadedness
     – muscle aches
     – drops in blood pressure

28. Tips for Preventing TSS
   • Include:
     – change tampons _____________
     • approximately every four hours
     – use the _____________ absorbency needed
29. Premenstrual Syndrome (PMS)
- Includes physical and emotional changes which occur during the time some girls and women get their periods
  - irritability
  - tension
  - bloating
  - breast tenderness
Girls do not usually develop symptoms associated with PMS until several years after menstruation begins. Some girls never develop symptoms.

30. Tips for Easing PMS
- Include:
  - exercising
  - eating a _____________ diet

31. Menstrual Cramps
- Are scientifically called _____________
- Are dull, throbbing or cramping pains in lower abdomen experienced just before or during a _____________

32. Menstrual Cramps
- Occur due to prostaglandins, _____________, triggering uterine muscle contractions to help expel uterine lining
- Can be caused by _____________ and if serious a doctor should be consulted

33. Tips for Easing Menstrual Cramps
- Include:
  - soaking in a _____________
  - using a heating pad on the lower abdomen
  - taking over the counter anti-inflammatory medications such as ibuprofen
  - _____________
Reproduction Segment

1. Conception
• Is composed of three primary steps
  – _____________
    • ejection of a mature egg (ovum) from ovary in female
  – fertilization
    • point in which sperm penetrates the egg
  – _____________
    • point in which fertilized egg attaches to uterus

2. Conception

3. Ovulation
• Occurs each month in female when a ________________, ovum, is released into fallopian tube
• Occurs approximately two weeks prior to a woman’s menstrual period
  – egg can be fertilized for approximately ________________ after ovulation
4. Fertilization
- Occurs in ampulla of uterine tube
- Happens in the following stages:
  - movement of _______towards egg
  - capacitation and contact
  - penetration of sperm into ovum
  - cortical reaction
  - activation of _______
  - fusion of male and female pronuclei (amphimixis)

5. Zygote
- Is formed when _______ from sperm cell nucleus and 23 chromosomes from egg combine
- Is fertilized egg
- Contains 23 pairs of chromosomes (___________)

6. Zygote
- Represents first stage in development of a _______
- Divides by mitosis to form two cells, which divide to form ________, in a process called cleavage

7. Cleavage
- Is division of cells in early _______
- Differs from other forms of cell division; increases number of cells without increasing mass
- Forms _______ which form morula
- Ends with formation of blastocyst

8. Implantation
- Occurs approximately _______ after fertilization
- Is the process of blastocyst burrowing into uterine wall for nourishment
- Occurs in three stages:
  - adplantation of blastocyst on endometrium
  - adhesion of blastocyst to endometrium
  - invasion of _______ and embedding
9. Embryo
• Becomes a fetus approximately __________ after fertilization
• Is different from a fetus because, in the embryo organ systems are developing, but in the fetus organs are present
• Completes __________ changes in embryonic phase

10. Fetus
• Is covered in a fine, soft hair called lanugo and a __________ of sloughed epithelial cells called __________
  – protect fetus from the somewhat toxic nature of amniotic fluid formed by accumulation of waste products from fetus

11. Fetus
• Is fully developed at approximately __________
  – fetus has progressed to a point where it can survive __________ of the mother

12. Parturition
• Is the process by which a __________
• Occurs after gestation period or length of pregnancy
  – usually 280 days or __________ after last menstrual period to the date of delivery of infant

13. Labor
• Is the period during which __________ which results in expulsion of fetus from uterus

14. Labor
• Occurs in three stages:
  – stage one (___________)
    • onset of regular uterine contractions and extends until cervix dilates to a diameter approximately the size of the fetus’s head
  – stage two (___________)
    • lasts from time of maximum cervical dilation until baby exits vagina
  – stage three (placental stage)
    • involves expulsion of placenta from uterus
16. **Menopause**

- Is when a woman has her last menstruation
  - the average age menopause occurs is _____________
- Has symptoms, such as:
  - achy joints
  - hot flashes
  - extreme sweating
  - headaches
  - night sweats
  - early wakening
  - frequent urination
  - _____________

Menopause is another major change in a woman’s life, much like puberty.

**Common Female Diseases Segment**

1. **Common Female Diseases**

- Include:
  - _____________cancer
  - hypertension
  - colorectal cancer
  - _____________
  - ovarian cancer
2. Breast Cancer
• Is a _____________, tumor which starts in cells of the breast

3. Breast Cancer
• Risk factors include:
  – _____________
    • women are more likely to have breast cancer than men, however breast cancer does occur in men
  – _____________
    • as a woman ages the risk for breast cancer increases

4. Breast Cancer
• Risk factors include:
  – family history
  – menstrual periods before age _____________
  – menopause after the age of _____________
• Can potentially be detected by the woman if she completes a breast self-exam (BSE)

5. Breast Self-Exam (BSE)
• Begins with knowing how the breast looks and feels
  – makes individuals more likely to notice changes or _____________
• Are best completed when breast is not tender or swollen
• Should be performed once a month, beginning at puberty
  – choose the _____________each month to do the exam

6. Breast Self-Exam (BSE)
• Can be performed by:
  1. removing your top and _____________
  2. looking at your breasts in a mirror with your shoulders straight and your arms on your hips and evaluate:
    • size, shape and color of your breasts
    • for swelling or visible distortion
    • for _____________, dimpling or bulging
    • for a nipple, which has changed position, such as an inverted nipple pushed inward instead of sticking out
    • for redness, soreness or rash
Human Development: The Adolescent Female

7. Breast Self Exam (BSE) cont.
   3. lift your arms ____________ and look for the same changes as you did in step 2
   4. squeeze your nipples between your fingers to check for ____________, such as a milky or yellow color or blood

8. Breast Self Exam (BSE) cont.
   5. lay down on your bed and feel your breasts
      • with your left arm ____________, use your right hand to feel left breast
      • with your right arm behind your head, use your left hand to feel right breast
   6. ____________ and feel your breasts again

9. Hypertension
   • Is also known as high blood pressure
   – blood pressure is the force of blood pushing up against ____________
   – higher pressure means the ____________ the heart has to pump

10. Hypertension
    • Can lead to ____________ as well as kidney failure, aneurysm, heart failure, stroke or heart attack

11. Hypertension
    • May be diagnosed by a health professional who measures blood pressure
    – normal blood pressure: ____________
    – hypertension blood pressure: ____________

12. Hypertension
    • Is treated medically, by changing ____________, or a combination of both
    – medical options include taking a combination of medications
    – lifestyle changes include losing weight, quitting smoking, eating a healthier diet, ____________, exercising regularly and limiting alcohol consumption
13. **Colorectal Cancer**
- Begins either in the ____________ or rectum
- Develops slowly over many years
- Begins as a ____________
- Starts in the lining and grows into the center of the colon or rectum

14. **Colorectal Cancer**
- Can be diagnosed by screening tests
  - which can find both colorectal polyps and cancer
    - looks at colon using a scope which is put in the rectum or with ____________
      - if found before cancerous, polyps can be removed, these tests may prevent ____________
- Can be diagnosed by ____________
  - which mainly find cancer
    - involves testing ____________ (feces) for signs of cancer
      - these tests are easier to have done, but are less likely to find polyps

15. **Osteoporosis**
- Is a disease of bone in which the ____________ (BMD) is reduced, bone micro-structure is disrupted, and amount and variety of proteins in bone is altered
- Occurs mainly in women
- Can be prevented by taking over the counter calcium, ____________, healthy diet and exercise
17. Osteoporosis

[Diagram showing bone density with arrows indicating loss of bone mass]

18. Ovarian Cancer

- Is a growth arising from the ovary
- Has no known cause, but risk factors include:
  - _____________ who have never given birth
  - family history
  - infertile women
  - women using _____________estrogen replacement therapy

19. Health Maintenance

- Involves the following:
  - regular checkups
  - ________
  - healthy lifestyle practices
    - eating a healthy diet
    - not smoking or using tobacco
    - _____________
    - maintaining a healthy weight