

Objective:

- 1.03 Distinguish how and explain why emotions can change during adolescence.
- 1.04 Analyze impulsive behavior and identify strategies for controlling them
- 1.05 Demonstrate methods for minimizing exposure to stressors and managing stress.

Bellringer:

Puberty: the period of development when secondary sex characteristics develop and reproductive capacity occurs.
Adolescence: the period of transition between childhood and adulthood.
Stressor: A person, place or situation that places a demand on the mind or the body.
Eustress: "good" stress
Distress: "bad" stress

Exit Ticket:

How does today's subject relate to me?

Common Stressors

1.

Notes:

2.

3.

4.

5.

How your body responds to stress

1.

2.

Physical Reactions to stress

1.

2.

3.

What triggers fight or flight?

1.

2.

3.

Stress Management Techniques

1.

2.

3.

Name:

Date:

Period:

Puberty vs. Adolescence

How will this help you control impulsive behavior?

Get motivated to improve yourself.

Make a commitment to manage inappropriate or damaging behaviors.

Let others know of your commitment to change.

Example:

Set a schedule & follow it.
If I have a schedule,
I have a good idea of
what to expect that day.
I know what I want to
accomplish, and because of
that, I'm less likely to do
things impulsively.