

Week 3 discussion

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Puberty and Adolescence al Affiliation) Stages of Puberty in Adolescence

Puberty among boys and girls is the stage through, which their body becomes mature and achieves the capacity to reproduce through fertilization (Cameron, 2013). The stages of puberty in adolescence differ among boys and girls. In relation to boys, the stages of puberty involve: Enlargement of the testicles, this is followed by some physical changes such as: An increased growth in height as well bodily changes such as broadening shoulders and deep voice. There is also maturation of cardio-vascular systems such as the heart; the lung also matures leading to increased strength and capacity to physical endurance (Cameron, 2013).

On the other hand, the puberty stages among girls begin by development and enlargement of the breasts. This is usually followed by increase in height, waist size and the overall body weight (Salkind, 2002). The hips also broaden followed by whitish vaginal secretion, coupled by growth of pubic hair in the armpits as well as in the vaginal area. The first menstrual cycle usually occur after a period of two years (Salkind, 2002).

How Christians Can Help Teens understand their Teenage Sex is not an Appropriate Act

Christian should act as role models, mentors and counselors when it comes to teaching teens on issues of sex before marriage (Kohl, 2012). In this regard, Christians should focus on open-ended discussions with teenager that discusses the consequences of engaging in pre-marital sex as well as the importance of abstaining from teen sex. This can be supported from certain quotes from the Bible that prohibits pre-marital sex and considers it a sin.

Personal Example on how Teenagers can be taught to Avoid Pre-marital Sex

An example that can be used to teach teenagers to avoid pre-marital sex is through provision of case studies of people who engaged in pre-marital sex and the challenges they faced after performing pre-marital sex. From a personal basis, the integration of Bible verses where sex is prohibited i. e. the 10 commandments may also provide imperative in such teaching.

However, the major question that may arise through using Bible verses is, Could it be an effective for teenagers brought up in non-Christian backgrounds?

References

Cameron, N. (2013). Human growth and development. Amsterdam: Academic Press.

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Kohl, B. (2012). Teenage sexual morality a supplemental resource on secular viewpoints, biblical teaching from an evangelical Protestant perspective, and practical implications for Christian teens.

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Salkind, N. (2002). Child development. New York: Macmillan Reference USA.