

## Adolescence now lasts from 10 to 24

Sources: <http://www.foxnews.com/health/2018/01/19/scientists-prolong-adolescent-years-to-24-years-old-report>  
<http://www.thelancet.com/journals/lanchi/article/PIIS2352-4642%2818%2930022-1/fulltext>  
<http://www.newsweek.com/how-long-take-grow-doctors-say-extend-adolescence-785478>

Scientists have changed their estimation of when adolescence ends and adulthood starts. Adolescence is that difficult time when children develop into adults. It was traditionally thought to coincide with our teenage years. However, scientists from the University of Melbourne have redefined this. They say it can start at the age of 10 and continue to the age of 24. Puberty used to occur around the age of 14, but because of improved health and nutrition, puberty can now start at the age of 10, especially in the developed world. Likewise, the upper age for when adolescence ends has been increased. This is because we stay in education longer, and delay responsibilities like marriage, parenthood and getting a job. The scientists published their study in the "Lancet Child and Adolescent Health" journal. They say society needs to change laws to take into account the findings of the research. Professor Susan Sawyer said: "Although many adult legal privileges start at age 18, the adoption of adult roles and responsibilities generally occurs later." The researchers say youth support services could be extended to the age of 25. However, this could be problematic in many countries around the globe. There is a big difference in the legal age at which nations recognize adulthood. Children legally become adults at the age of 15 in Indonesia, Myanmar and Yemen. In Singapore, Zambia and Honduras, the age is 21.

### AGES:

What are the good and bad things about being these ages? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good things	Bad things
4		
10		
17		
29		
45		
75		

### ADULTHOOD:

Rank these with your partner. Put the best things about adulthood at the top. Change partners often and share your rankings.

- freedom
- marriage
- lifestyle
- driving
- money
- job
- family life
- alcohol

## VOCABULARY MATCHING

## Paragraph 1

- |                |  |
|----------------|--|
| 1. estimation  | a. The process of providing or obtaining the food necessary for health and growth.         |
| 2. adolescence | b. The period in which a young person develops from a child into an adult.                 |
| 3. coincide    | c. Re-state the nature, meaning or scope of something again or differently.                |
| 4. redefined   | d. A rough calculation of the value, number, quantity, or extent of something.             |
| 5. puberty     | e. Put an action event off for a later time.   |
| 6. nutrition   | f. Occur at or during the same time.   |
| 7. delay       | g. The period during which youths reach sexual maturity and become capable of reproduction |

## 2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- |                             |                    |
|-----------------------------|--------------------|
| 1. <b>estimation</b>        | a. similarly       |
| 2. <b>coincide</b>          | b. acknowledge     |
| 3. <b>puberty</b>           | c. put off         |
| 4. <b>likewise</b>          | d. correspond      |
| 5. <b>delay</b>             | e. duties          |
| 6. <b>published</b>         | f. consider        |
| 7. <b>take into account</b> | g. approximation   |
| 8. <b>responsibilities</b>  | h. lawfully        |
| 9. <b>recognize</b>         | i. sexual maturity |
| 10. <b>legally</b>          | j. brought out     |

## LISTENING –Guess the answers. Listen to check.

1)

Scientists have changed their estimation of when adolescence ends and \_\_\_\_\_

- a. adultery hood starts
- b. adults hood starts
- c. adult hooded starts
- d. adulthood starts

2) Adolescence is that difficult time when children \_\_\_\_\_

- a. develops into adults
- b. developed into adults
- c. develop into adults
- d. developing into adults

3) However, scientists from the University of Melbourne have \_\_\_\_\_

- a. redefined this
- b. refining this
- c. read if fined this
- d. reedy fined this

- 4) puberty can now start at the age of 10, especially in the \_\_\_\_\_
- enveloped world
  - developed world
  - develop it world
  - developer world
- 5) This is because we stay in education longer, and \_\_\_\_\_
- relay responsibilities
  - the lay responsibilities
  - delay responsibilities
  - delayed responsibilities
- 6) The scientists published their study in the "Lancet Child and Adolescent \_\_\_\_\_"
- Healthy" journal
  - Healthier" journal
  - Healthiest" journal
  - Health" journal
- 7) They say society needs to change laws to take into \_\_\_\_\_ findings
- accounts the
  - account a
  - account then
  - account the
- 8) Professor Susan Sawyer said: "Although many adult legal \_\_\_\_\_ at age 18..."
- privilege is start
  - privilege is starts
  - privileges start
  - privilege start
- 9) the adoption of adult roles and responsibilities generally \_\_\_\_\_
- occurs later
  - occurrence later
  - occurs late
  - occurrence later
- 10) There is a big difference in the legal age at which \_\_\_\_\_ adulthood
- nation is recognize
  - nationals recognize
  - nations recognized
  - nations recognize

### COMPREHENSION QUESTIONS

- What do children develop into during adolescence?
- What did people think adolescence coincided with?
- When did puberty use to start?
- Where is it now common for puberty to start from the age of 10?
- What are adults spending a longer time in?
- What did the researchers say needed to change?
- What age did a professor say adult legal privileges started at?
- Until what age did researchers suggest extending support services?
- When do people in Myanmar become adults?
- When do people in Honduras become adults?

**MULTIPLE CHOICE - QUIZ**

- 1) What do children develop into during adolescence?
  - a) higher beings
  - b) adults
  - c) trouble
  - d) bad habits
- 2) What did people think adolescence coincided with?
  - a) university
  - b) first dates
  - c) spots and pimples
  - d) teenage years
- 3) When did puberty use to start?
  - a) 12
  - b) 13
  - c) 14
  - d) 15
- 4) Where is it now common for puberty to start from the age of 10?
  - a) the developed world
  - b) Africa
  - c) Yemen
  - d) Singapore
- 5) What are adults spending a longer time in?
  - a) the countryside
  - b) education
  - c) bed
  - d) baths
- 6) What did the researchers say needed to change?
  - a) laws
  - b) everything
  - c) children
  - d) adults
- 7) What age did a professor say adult legal privileges started at?
  - a) 16
  - b) 17
  - c) 18
  - d) 19
- 8) Until what age did researchers suggest extending support services?
  - a) 25
  - b) 24
  - c) 23
  - d) 22
- 9) When do people in Myanmar become adults?
  - a) 18
  - b) 17
  - c) 16
  - d) 15
- 10) When do people in Honduras become adults?
  - a) 18
  - b) 17
  - c) 21
  - d) 20

**FREE WRITING**

Write about adolescence for 10 minutes. Comment on your partner's paper.

## ANSWERS

## TRUE / FALSE

A T

B T

C F

D T

E T

F F

G F

H F

## SYNONYM MATCH

1. estimation

2. coincide

3. puberty

4. likewise

5. delay

6. published

7. take into account

8. responsibilities

9. recognize

10. legally

a. approximation

b. correspond

c. sexual maturity

d. similarly

e. put off

f. brought out

g. consider

h. duties

i. acknowledge

j. lawfully

## COMPREHENSION QUESTIONS

1. Adults

2. Teenage years

3. 14

4. In the developed world

5. Education

6. Laws

7. 18

8. 25

9. 15

10. 21

## MULTIPLE CHOICE -QUIZ

1. b

2. d

3. c

4. a

5. b

6. a

7. c

8. a

9. d

10. c

Opracowała: mgr Joanna Sztaba-Surowiec

Ćwiczenia na licencji Creative Commons



**Mgr Joanna Sztaba-Surowiec**