

Activity 1

Crossing the Bridge

Adolescence is a time of rapid growth and change. In many ways, going through adolescence is like crossing a bridge. When you begin to cross the bridge, you are a child. When you reach the other side, you are an adult.

Directions: Review the list in the box of some of the important tasks which teens must accomplish as they cross the bridge to adulthood. Then read the descriptions of each teen below. Determine which of the tasks of adolescence is being accomplished by each teen in the descriptions. Write the letter of the task in the space provided.

A. adjusting to changes in growth and development	C. controlling your emotions
B. adjusting to changing circumstances	D. developing a positive self-concept

- ___ **1.** Over the summer Hanna seemed to keep growing out of her clothes and shoes. When she started school in the fall, it seemed as if every teacher she met commented on how much she had grown. A few of her classmates even teased her about it, and she began to walk around with slouched shoulders to appear shorter. Fortunately, these feelings didn't last long. Now she stands straight and is proud of her height.
- ___ **2.** Roberta used to get very frustrated when she could not figure out how to do her math homework. Sometimes in anger she would rip up her paper. Now, if she doesn't understand a math problem, she asks for help.
- ___ **3.** Joseph always envied people who were shy, because he worried that he talked too much. Recently, however, he has come to understand that many people see his outgoing personality as a plus. He has realized that he has a way of making people feel at ease when they are around him.
- ___ **4.** Danny has just moved to a new school. He really misses his friends from his last school, and some days he wonders if he'll ever find good friends again. Today, however, he decided that he would start smiling and saying hi to everyone he passes in the halls. Maybe being friendly will help him break the ice.