

## WORKSHEET 8

# *Being An Adult*

The passage to adulthood can be an especially awkward and confusing time as you struggle with new signals from your own body and from the maturing young men and women around you. Many of you are also experiencing emotional changes, mood swings, feelings of uncertainty and increased feelings of independence and sexuality. A positive and confident attitude can help you handle these changes better. Good health habits can help, too. Eat a well-balanced diet, get plenty of sleep and exercise and have a yearly medical check-up.

During puberty you begin to face new situations, feel new sensations and make decisions that you were not mature enough to make in childhood. As an adult you will be expected to act responsibly and sensitively. As you reach your late teens fewer people will be making decisions for you. You will need to rely on your values to help you make the choices most appropriate for an adult.

Read the statements below and complete each sentence in the most adult way.

1. I want to drive my friend's new car but I don't have my license. I'm going to \_\_\_\_\_  
\_\_\_\_\_
2. I know my girlfriend has cramps because she has her period. I'm going to \_\_\_\_\_  
\_\_\_\_\_
3. My parents can use my help around the house more often. I think I'll \_\_\_\_\_  
\_\_\_\_\_
4. I haven't developed physically as fast as my friends. This makes me feel \_\_\_\_\_  
\_\_\_\_\_
5. I've been thinking about having sexual intercourse, but I know I'm not ready to be a parent. I'll \_\_\_\_\_  
\_\_\_\_\_
6. My parents are going away next weekend. I'm going to \_\_\_\_\_  
\_\_\_\_\_
7. I know I shouldn't drive when I've had too much to drink. I'm going to \_\_\_\_\_  
\_\_\_\_\_
8. I have acne on my face. I will \_\_\_\_\_  
\_\_\_\_\_
9. My sister is weepy when she has her period. I can help by \_\_\_\_\_  
\_\_\_\_\_
10. Some of my friends say they're having sex but I know I'm not ready. I should \_\_\_\_\_  
\_\_\_\_\_