

Adolescence now lasts from 10 to 24

22nd January, 2018



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.

Sources: foxnews.com / thelancet.com / newsweek.com

Writing

Adolescence should end and adulthood should begin at the age of 16. Discuss.

Chat

Talk about these words from the article.

estimation / adolescence / children / adults / age / developed / education / marriage / scientists / study / journal / research / privileges / responsibilities / globe / support

True / False

- a) Scientists amended the range for which adolescence starts and ends. T / F
- b) People believed adolescence and our teenage years were similar. T / F
- c) Children used to reach puberty at the age of ten. T / F
- d) The age for adolescence increased due to lengthier education. T / F
- e) The scientists suggested new laws for adolescents. T / F
- f) The researchers want youth support services stopped at 18. T / F
- g) All countries use the same age to decide when someone is an adult. T / F
- h) In Zambia, people are adults when they turn 18. T / F

Synonym Match

(The words in **bold** are from the news article.)

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

Discussion – Student A

- a) What do you think about adolescence?
- b) What was your adolescence like?
- c) When do you think adolescence starts and finishes?
- d) Why is adolescence such a difficult time?
- e) How does the mind and body change during adolescence?
- f) Would you like to be a child forever?
- g) What responsibilities do you have?
- h) What responsibilities would you like to delay?

BreakingNewsEnglish - The Mini Lesson

Phrase Match

1. that difficult time when children develop
 2. It was traditionally thought to coincide
 3. Puberty used to occur
 4. improved health and
 5. delay responsibilities
 6. The scientists published
 7. change laws to take into
 8. the adoption of adult roles and
 9. youth support services could
 10. the legal age at which nations
- a. around the age of 14
 - b. be extended
 - c. like marriage
 - d. account the findings
 - e. their study
 - f. with our teenage years
 - g. responsibilities
 - h. recognize adulthood
 - i. into adults
 - j. nutrition

Discussion – Student B

- a) What do you think about what you read?
- b) At what age can you start to do things in your country?
- c) What is the youngest age at which people can get married?
- d) What privileges do you enjoy?
- e) Why do countries have different ages at which people become adults?
- f) What do you think of being an adult at the age of 15?
- g) What are the good and bad things about being an adult?
- h) What questions would you like to ask the researchers?

Spelling

1. Scientists have changed their stinemoait
2. idccineo with our teenage years
3. have ednifedre this
4. improved health and initutrno
5. ytbrpeu can now start the age of 10
6. delay responsibilities like mgiaerar
7. The ttnisessic published their study
8. eoystci needs to change laws
9. legal ielprvigse start at age 18
10. the aotpdoni of adult roles
11. ndxedtee to the age of 25
12. the legal age at which nations rioeeencz adulthood

Answers – Synonym Match

1. g	2. d	3. i	4. a	5. c
6. j	7. f	8. e	9. b	10. h

Role Play

Role A – Money

You think money is the best thing about adulthood. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): marriage, working or driving.

Role B – Marriage

You think marriage is the best thing about adulthood. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): money, working or driving.

Role C – Working

You think working is the best thing about adulthood. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): marriage, money or driving.

Role D – Driving

You think driving is the best thing about adulthood. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): marriage, working or money.

Speaking – Adulthood

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

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

Answers – True False

a	T	b	T	c	F	d	T	e	T	f	F	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.