

Learning Goals

Learning Objective

What changes occur during the adulthood stage?

Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'



Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'



Key

words



Adulthood
Maturity
Conform

Sexual maturity
Physical maturity
Independent

Self Sufficient
Responsible
Empathy

Learning Objective

What changes occur during the adulthood stage?

Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'

Rearrange the blue letters to spell 2 key words linked to today's lesson. Once you have figured it out, copy out the full sentences

Nidenpedecen is being able to think and do things for yourself

Yathepm is being able to imagine how someone else feels (putting yourself in their shoes)



Key words



Adulthood
Maturity
Conform

Sexual maturity
Physical maturity
Independent

Self Sufficient
Responsible
Empathy

Learning Objective

What changes occur during the adulthood stage?

Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'

Adulthood

- **Adulthood** is between the ages of 19-65 years old. This is broken down further into Young Adulthood (19-40yrs) , Middle Age (40-65 yrs) and Later Adulthood (65yrs +)
- **Maturity** is a continuous process of trying to do better
- Adults understand what society needs from them and **conform** knowing they can fit in what they want to do when they can by managing their time and effort accordingly.
- Individuals have **sexual** and **physical maturity**- they do not grow further during this life stage
- Individuals are also: **independent** (being able to make their own decisions and follow their own actions without help from others
- **Self sufficient** (have resources and are able to get everything they need to survive themselves
- Responsible (having responsibility for their own actions)



Key

words



Adulthood
Maturity
Conform

Sexual maturity
Physical maturity
Independent

Self Sufficient
Responsible
Empathy

Learning Objective

What changes occur during the adulthood stage?

Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'



Organise the following statements into the 4 areas of PIES

(The sheet is on 'everyone' if you prefer to do this electronically)

1. Sexual maturity
2. Listens to others points of view
3. Physical maturity
4. Anger management
5. Can establish a stable romantic relationship and have a family
6. Listens to other points of view (without just seeing things as 'black and white')
7. Reaching peak fitness and health
8. Confident without being arrogant
9. Knows that communication is important
10. Experiencing the decline of physical fitness
11. Controls feelings
12. Has patience
13. Able to accept criticism as a form of self improvement
14. Recognises true love (rather than infatuation)
15. Learns from their mistakes instead of moaning about the result
16. Knows the difference between making a reasoned decision and an impulsive decision
17. Thinks about others feelings
18. Understands that preparation means almost any task can be attempted
19. Knows the difference between needs and wants
20. Copes with fears

Key words



Adulthood
Maturity
Conform

Sexual maturity
Physical maturity
Independent

Self Sufficient
Responsible
Empathy

Learning Objective

What changes occur during the adulthood stage?

Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'

Check your answers: **PIES**

1. Sexual maturity
2. Listens to others points of view
3. Physical maturity
4. Anger management
5. Can establish a stable romantic relationship and have a family
6. Listens to other points of view (without just seeing things as 'black and white')
7. Reaching peak fitness and health
8. Confident without being arrogant
9. Knows that communication is important
10. Experiencing the decline of physical fitness
11. Controls feelings
12. Has patience
13. Able to accept criticism as a form of self improvement
14. Recognises true love (rather than infatuation)
15. Learns from their mistakes instead of moaning about the result
16. Knows the difference between making a reasoned decision and an impulsive decision
17. Thinks about others feelings
18. Understands that preparation means almost any task can be attempted
19. Knows the difference between needs and wants
20. Copes with fears



Adulthood
Maturity
Conform

Sexual maturity
Physical maturity
Independent

Self Sufficient
Responsible
Empathy

Learning Objective

What changes occur during the adulthood stage?

Success Criteria

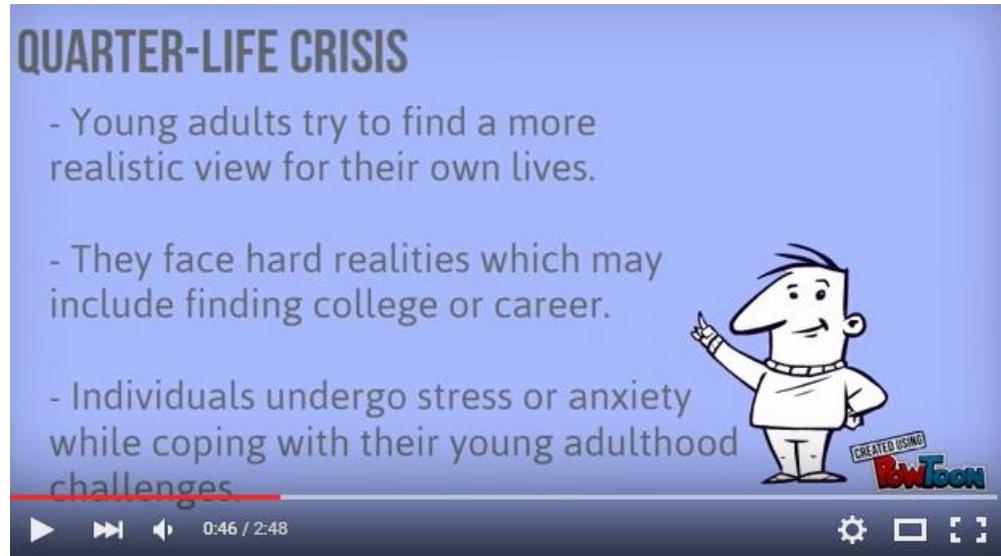
Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'

Watch this short video about adulthood

You may choose to take some notes about some of the good and bad things that happen to people during this life stage.



Remember: we are going to look at later adulthood in the next lesson, so please don't use information from that part of the video



Key words



Adulthood
Maturity
Conform

Sexual maturity
Physical maturity
Independent

Self Sufficient
Responsible
Empathy

Learning Objective

What changes occur during the adulthood stage?

Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'



Positive aspects of the adult life stage	Negative aspects of the adult life stage
<ol style="list-style-type: none">1. Starting a family2. Freedom (no rules apart from the law)3. Cope with adversary4. New experiences5. Voting-opinion	<ol style="list-style-type: none">1. Risk of fertility issues2. Taxes ☹️3. Lack of dollar (rent/mortgage)4. Mid-life crisis/spread5. Lack of leisure time

Key

words



Adulthood
Maturity
Conform

Sexual maturity
Physical maturity
Independent

Self Sufficient
Responsible
Empathy

Learning Objective

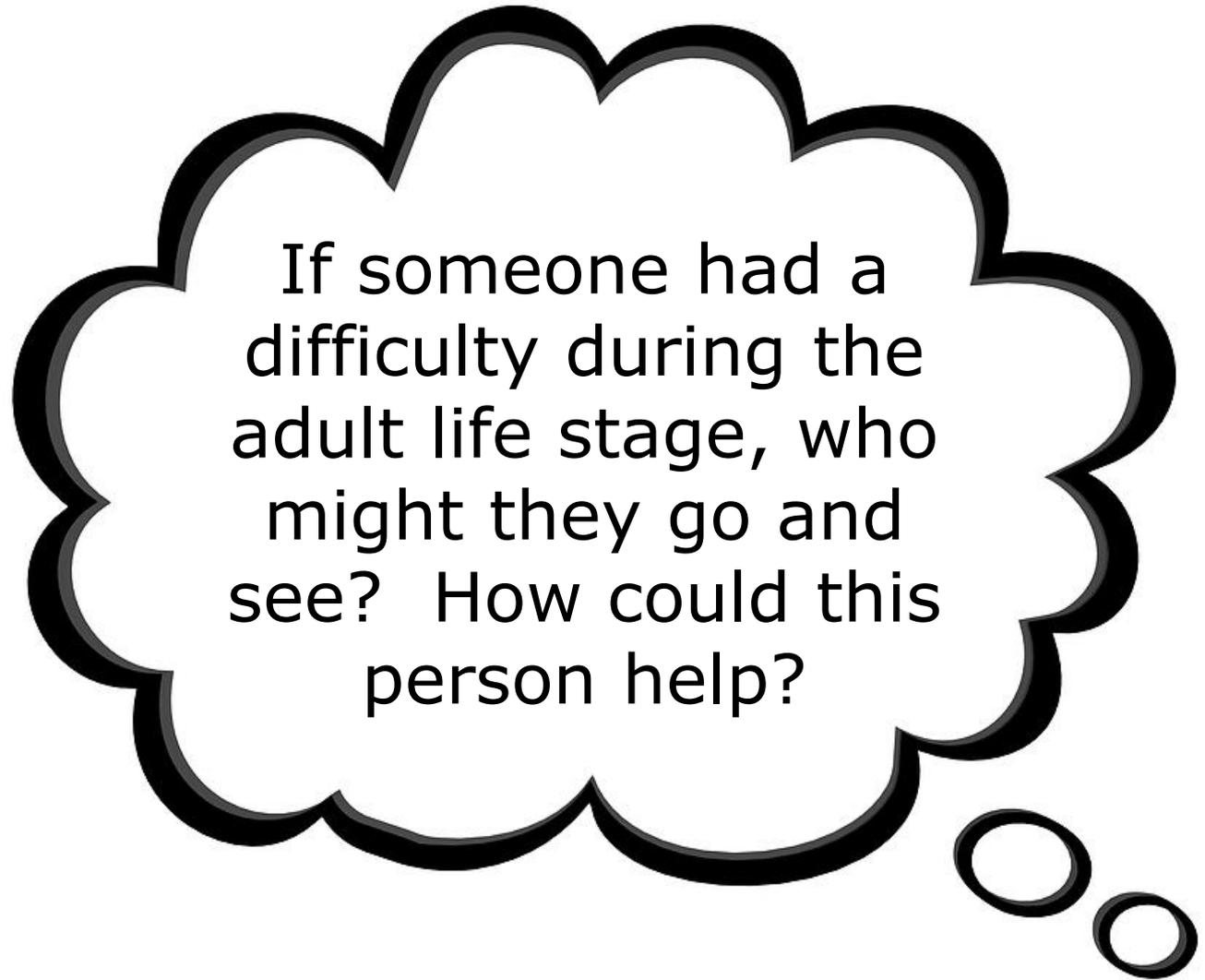
What changes occur during the adulthood stage?

Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'



SUMMARY



Key words



Adulthood
Maturity
Conform

Sexual maturity
Physical maturity
Independent

Self Sufficient
Responsible
Empathy

Learning Objective

What changes occur during the adulthood stage?

Success Criteria

Define 'Adulthood'

Describe growth and development in adulthood

Categorise developments according to 'PIES'

Activities:

1. Create a mood board/collage to represent how the media represents different adult relationships from popular TV shows or films. Summarise key features of three different relationships (for example, heterosexual/same sex couples, young couple with no children, working parents, retired couple, happily married, struggling with bringing up children, involved with domestic violence).
2. Visit the parenting support website at familylives.co.uk. Research a different article about parenting situations (for example, single parents, step parents, absent parents, same sex parents). You will need to evidence this.
3. What is a mid life crisis? Write a response to the agony aunt handout offering advice. Pick from <https://www.theguardian.com/lifeandstyle/series/dearmariella>

SUMMARY



Key

words



Adulthood
Maturity
Conform

Sexual maturity
Physical maturity
Independent

Self Sufficient
Responsible
Empathy