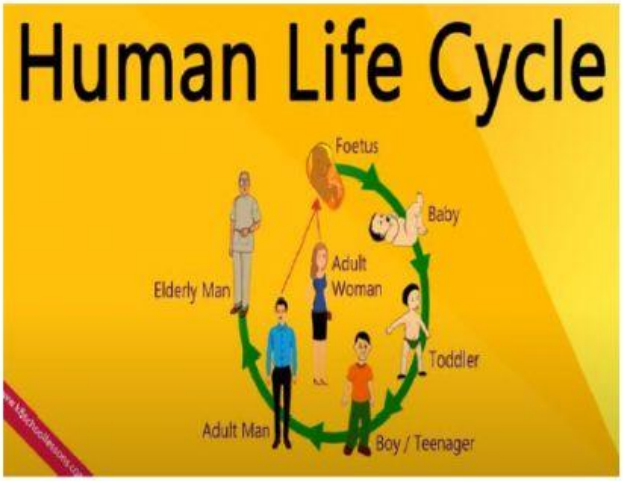
STUDENT NOTES

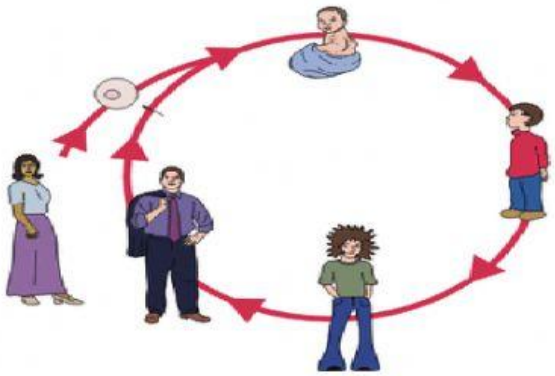
Health and Family Life

Topic: The Human Life Cycle



All human beings experience a series of growth stages during their lifetime (from birth to old age). The Human Life Cycle includes the stages of growth from birth to old age.

There are five Stages in the Human Life Cycle.
They are:



1. **Prenatal** – at this stage you are a fetus or baby in your mother's stomach for nine months.
   A fetus is a baby that is still growing in its mother's stomach.
2. **Infancy** – from birth to 2 years old
3. **Childhood** – from 3 to 10 years old. You learn how to walk, talk and learn to do things on your own. You attend school.
4. **Teenager (Adolescence)** – from 11 to 19 years old. Your body starts to change rapidly. Your body grows as you go through puberty. Puberty is when **a child's** body begins to develop and change as they become an adult. **Girls** develop breasts and start their periods. **Boys** develop a deeper voice and facial hair will start to appear.
5. **Adult/Adulthood** which leads to Old-age/Elderly – At this stage your body is fully developed. Old-age or Elderly is when you retire from work and your body begins to age and you eventually die.

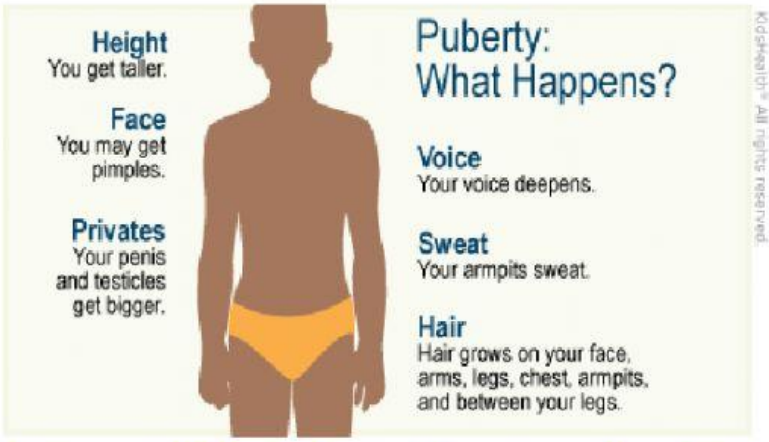
LIVEWORKSHEETS

The Human Life Cycle Growth Chart

Growth Stage	Age	Characteristics
1. Prenatal	Nine months before birth to birth	- Most rapid growth period taking place inside the mother's body. - Development of all body parts, tissues, organs and systems needed for life support
2. Infancy	Birth until two years	- Body becomes bigger and stronger (changes from an infant to a toddler)
3. Childhood (toddler to school age years)	three years to ten years	- Mastery of skills and independence - Learning and getting ready for school -Development of a wide range of skills and ability - Puberty, or sexual development, begins during the later years of this stage.
4. Teenager (Adolescence)	eleven to eighteen plus years	- Rapid mental, emotional and physical growth and development
5. Adult/Adulthood	Nineteen years until death	Period of greatest strength and stamina. Physical growth ceases, but growth continues mentally, emotionally and socially - Physical abilities decline with

LIVEWORKSHEETS





https://kidshealth.org/en/teens/autism-puberty

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