Chapter Objectives
After studying this chapter, you will be able to
• identify two factors that shape personality.
• describe six patterns of growth.
• explain what it means to be a responsible adult.
• give examples of your rights and responsibilities as a citizen.

Reading Connection
After reading each section (separated by main headings), stop and write a three- to four-sentence summary of what you just read. Be sure to paraphrase and use your own words.

Key Concepts
- Understanding the factors that shape your personality will help you to better understand yourself and others.
- Everyone grows at a unique pace. A person’s rate of growth may be measured chronologically, physically, intellectually, emotionally, socially, and philosophically.
- You can learn to become a responsible and independent adult by fulfilling your responsibilities in your family, school, and community.
The future holds many opportunities for you. It can also present some difficulties. As you enter adulthood, you will want to try to overcome the difficulties and seize the opportunities. This can be a challenge. How you meet this challenge depends, in part, on how you feel about yourself.

You have been expressing yourself through your actions since you were born. You influence others you meet, and they, in turn, influence you. This “connectedness” with others is one of the basic fundamentals of life.

You are a unique individual, but you function within a family, a community, and a society. There are boundaries within which you must function, but you have freedom within these boundaries. As you grow and mature, you will learn to recognize the balance between rights and responsibilities this freedom requires.

**Your Personality**

In order to understand yourself and others, you need to understand the factors that help shape your personality. Personality is defined as the group of behavioral and emotional traits that distinguishes an individual. It is all that you have been, are now, and hope to be. Personality can also be defined as the sum of all the traits that you have inherited (been born with) or acquired (learned).

This book will help you explore the factors that shape your personality. Once you are familiar with the various aspects of your personality, you will be better able to answer important questions such as “Who am I?” and “How do I deal with who I am?” You will learn to recognize the many possibilities that can be a part of your life.

**Factors That Shape Personality**

Almost everything you do is guided and affected by the relationships within your family, 1-1. Family may be defined in many ways. Some definitions emphasize an emotional tie, while others stress the ancestry of the individuals. According to the U.S. Census Bureau, the term family means a group of two or more people, related by blood, marriage, or adoption, who reside together in a household.

**Heredity**, the sum of the traits that are passed from your ancestors to you, has a great effect on your personality. Because you are a human being, you have many traits in common with other people. You have two eyes, two ears, a nose, a mouth, two arms, and two legs. These are human traits determined by heredity and are called inherited traits.

Heredity also causes differences among people. The color of eyes, the shape of ears, and the length of arms vary from person to person. How many of your classmates have black hair? How many have blue eyes?

Heredity influences more than your appearance. It also affects traits such as your attitude, intelligence, and behavior. Thus, heredity is one factor in shaping your total personality.

Your environment also plays a major part in your personality development, 1-2. **Environment** is all of the conditions, objects, and circumstances that surround an individual. You and your classmates share parts of your environment. You attend the same school and have the same teachers. You participate in the same activities. Other parts of your environment are different from those of your classmates. Factors such as your family situation, neighborhood, religion, and friends make your environment unique to you. Your environment affects your thoughts, feelings, and actions. It helps shape your personality. Traits developed as a result of environmental factors are called acquired traits.
Together, your heredity and environment shape your personality. They determine how you deal with the challenges, successes, and frustrations you meet in your daily life. Much of your future will be determined by the decisions you make as you balance these factors. Because of their importance, these two factors will be discussed in more depth in later chapters.

**Your Growth**

Adolescence is a time of growth and change. It is a time for leaving childhood behind and becoming an adult. Although growth is usually measured in terms of age, height, and weight, people actually grow in six different areas: they grow chronologically, physically, intellectually, emotionally, socially, and philosophically. Each person grows at a unique pace. For instance, one person’s physical growth may be slow while intellectual growth is rapid. Another person’s physical growth may be rapid while intellectual growth is slow. The possible variations in growth rates are endless. The term **growth pattern** is used to describe the unique way a person grows. People’s growth patterns and their responses to their growth patterns affect their personality development.

**Chronological Growth**

Everyone ages at the same chronological rate. You grow older every minute and every day. Chronological age is determined at birth and cannot be altered. You add another year to your age with each calendar year.

**Physical Growth**

A person’s physical growth follows the same general pattern from childhood through adulthood. Changes in physical growth may happen at different times for different people, but the sequence or order of the basic changes will be similar.

Physical growth is the easiest to observe. For instance, by age three, children are twice as tall and four times as heavy as they were at birth. This rate of growth slows down and then remains steady until about the age of ten.

At puberty, the growth rates of boys and girls begin to differ. **Puberty** is the time when the body first becomes capable of reproducing sexually. The body changes from that of a boy or girl to that of a man or woman. This sudden growth and change is triggered by the **pituitary gland** at the base of the brain. This gland secretes hormones that affect other parts of the body. At puberty, hormones from the pituitary gland stimulate the reproductive glands. The reproductive glands then produce other hormones that cause changes in boys’ and girls’ bodies.

The age at which puberty begins varies. Most girls reach puberty at about age 12. Most boys reach puberty two years later, at about age 14. At puberty, a girl grows rapidly in height and weight. Her hips widen, her breasts enlarge, and she begins her menstrual cycle. Hair appears in the pubic region, under the armpits, and on the legs.
Physical Therapy Aide

Physical therapy aides work on health teams with doctors, nurses, and physical therapists. They help physical therapists provide patients with treatment designed to improve mobility, relieve pain, and prevent or lessen physical disabilities. Physical therapy aides work in hospitals, rehabilitation centers, and schools for the physically challenged.

A boy also undergoes many physical changes during puberty. He grows rapidly in height, his neck thickens and broadens, his shoulders widen, and his waist narrows. His muscles develop rapidly, and his strength virtually doubles between the ages of 12 and 16. See 1-4. His vocal cords lengthen, causing squeaks as his voice deepens. Hair appears on his body, especially on his face and in the pubic region.

Physical growth is hardly noticeable in adulthood. Adults rarely grow in height, although they often gain weight. The body of an adult works to maintain itself rather than to grow in size.

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Your response to your physical growth affects your personality development. You may be taller, shorter, heavier, or thinner than the average person. You may have reached physical maturity earlier or later than others. If you can accept your physical traits and growth pattern, this will have a positive effect on your personality.

Muscle development allows strength in boys to double between the ages of 12 and 16.

Intellectual Growth

You inherit your potential for intelligence. However, all people grow differently in this area. Your intellectual growth is based on your environment and your response to that environment.

Child development research indicates that the early years of a baby’s life are especially important to the baby’s intellectual growth and development. Parents can provide an intellectually stimulating environment for their babies by cuddling them, talking to them, playing with them, and reading to them.

Environment can also influence intellectual growth through motivation. A person of average intelligence can study and work hard to become knowledgeable and successful. A person born with a high potential for intelligence can fail to be motivated and thus never attain his or her full intellectual potential.

Environment can influence intellectual growth in other ways, too. Eating well-balanced meals, getting adequate rest, and staying active can help you feel better and allow you to learn more. Your family, friends, and school provide many opportunities for new learning experiences. Such experiences may include talking with family, spending time with friends, or participating in club activities. Every time you see something, read something, or talk with someone, you have the chance to expand your intellectual horizons and become more knowledgeable.

If you respond positively to your inherited potential and the opportunities your environment offers, you can increase your intellectual growth. This is probably the greatest step toward personal independence you can take. Becoming more knowledgeable can help you function well in the world around you.

Emotional Growth

Your emotions are your feelings. These feelings are often revealed to those around you through different behaviors. Many emotions are expressed outwardly for all to see. Babies who are unhappy may cry uncontrollably. Happy children may laugh excitedly. Teens may be sullen and withdrawn when they feel sad. Other emotions are kept inside or suppressed, invisible to family and friends.

Emotional growth refers to the continuing refinement of emotions or mental states that causes an individual to act in a certain way. Each person has a unique timetable for learning to control and express emotions. Some people are emotionally mature at a fairly young age. On the other hand, some people act like children in the way they handle their emotions even after they become adults.

How you handle your emotions will be an indication of your emotional maturity. During your teen years you will experience many emotions, 1-5. You may also notice that your emotions change rapidly. You may be happy and excited one minute and sad and depressed the next. This is normal. The important thing is that you recognize these emotional shifts and learn to manage them to help you live an effective life. You also need to learn to express...
your emotions and not keep them bottled up inside. This, too, is a part of growing emotionally.

Another part of emotional growth is learning the best way to respond to emotional situations. For instance, if you feel anger toward someone, you will find a way to resolve this anger without using hurtful words or violent behavior. You may try mentally counting to ten rather than yelling out words you might regret later. You may even suggest that you both calm down and talk about the problem again when you are not so upset. Learning to handle your feelings and actions in ways that are acceptable both to yourself and to others will help you grow emotionally.

Social Growth

You also grow socially as you learn to relate to others around you. This growth begins at an early age. Babies smile when parents or caregivers talk to them. Children first play alone, and then they learn the fun of playing with others, 1-6. As a teen, you are opening up new avenues for social growth. This will continue throughout your life.

In your family, you learn an expected pattern of behavior as a child, son or daughter, and/or brother or sister as you pass through different stages of social growth. You grow from self-centeredness to being considerate of others. You learn to share and take turns. You learn to listen to the views of others.

In your community, you learn what is acceptable as a pattern for social behavior. These experiences in a social setting help you meet new people and learn behaviors that are acceptable and unacceptable. You mature socially as you learn to adopt as your own the rules and guidelines that allow a society to function for the benefit of all.

Philosophical Growth

As you grow philosophically, you may search for deeper meaning and purpose in your life. As a child, you related to specific objects. As a teen, you are thinking more abstractly of things you cannot see or feel.

Questions such as “Who are you?,” “Where are you from?,” and “Where are you going?” were easy to answer when you were young. You simply stated your name, the city in which you lived, and the place you were going—to school, home, or the store. As you grow philosophically, you sense there are other ways to answer these questions. You begin to think more deeply about who you are, why you are here, and what you want to accomplish in life, 1-7.

Young people are looking for a sense of direction. They are also trying to gain deeper insight into other people and the world around them.

Becoming a Responsible and Independent Adult

One of the tasks of adolescence is to become a responsible, independent adult. Adults, like children and teens, have many challenges. They must earn a living, provide for their families, and save money for their retirement. They must also be responsible community members and consumers.

Adult life is an ever-changing series of circumstances involving joy, sadness, success, setbacks, and points in between. As an adult, you will have more options and independence than you will at any other time of your life. You will likely experience the joys offered by interesting work, satisfying marriage and family life, and rewarding friendships.
Part One
Personal Development

However, you must also be prepared to cope with the challenges of life. Difficult times will come not only to you, but to people you love and for whom you are responsible. Success in meeting these challenges requires a positive, constructive outlook and the ability to put troubles in perspective. You will need to know how to get help when help is needed. As a teen, you have a chance to learn responsibility as you mature.

Learning to Be Responsible

Teens are capable of handling many new responsibilities. Fulfilling these responsibilities is one way you become more independent. Independence is something you earn by proving you can handle responsibility. Many teens wish they could press a button and be awarded instant independence, but it does not work that way. For instance, Jeff lamented that his parents never allowed him to take the family car anywhere without them. He was 16 and had his driver’s license. Jeff could not understand why, so he asked his dad. His dad explained, “Jeff, we asked you to mow the yard every week, but many weeks I had to do it myself. We asked you to let us see your homework. You always said you had done it. Then we were called by your teacher, who said you might fail because you didn’t turn in your homework. You have not followed through on these responsibilities. We can’t give you any more freedom because you have not learned to act responsibly.”

Greater rewards have to be earned by fulfilling responsibilities—big and small. Mowing the lawn may not seem important, but someone has to do it. You cannot always pick and choose responsibilities. You accept what needs to be done to help your family. Then you fulfill the responsibilities to the best of your ability.

Becoming responsible is not simply a matter of performing tasks assigned to you. Responsible people also take charge of their conduct. They own up to their actions and answer for them. If your actions are questioned or if your behavior is not acceptable, you may try to blame someone or something else. “He made me do it,” you may say. If you fail a test, you may say your friend borrowed your book, or you had to work late. The truth is you did not take time to study.

Many people are ready to claim credit for successes, but if mistakes are made they try to disclaim any responsibility. Making mistakes is normal. By denying your mistakes, you give the impression that you believe you are above making mistakes. This is unrealistic and irresponsible.

As a teen today, you have many opportunities to become a responsible adult. Take the opportunity to increase your freedom by behaving like one. When you do make a mistake, accept responsibility, resolve to do better next time, and try to make amends. Fulfill your responsibilities in your family, school, and community.

What Does It Mean to Be a Good Citizen?

An important part of being a responsible adult is being a good citizen. A citizen is a person who owes loyalty to a government and, in return, is entitled to the protection of the government. In our country, citizenship (the status of being a citizen) gives you both rights and responsibilities. By law, citizens are entitled to the following:

- the right to vote
- the right to equal treatment under the law
- freedom of speech, press, assembly, and other privileges listed in the Bill of Rights (the first ten amendments to the Constitution)
- government services at various levels, from municipal to national (for example, police protection and military defense)

Along with these rights, citizens have responsibilities. These include the following:

- obeying laws to maintain a well-ordered society
- paying taxes to support government services
- staying informed on public affairs
- voting
Citizenship

Voting is both a right and a responsibility, as is keeping up on current events so you can vote intelligently. You will be reaching 18 soon. At that time, you will gain the right to vote on government matters. You should be learning all you can about your government—local, state, and national. Listen to the news, read newspapers, and become active in citizens’ groups. It is important that you maintain an ongoing interest in what is happening in your local community and in your country. Critical thinking about the issues will give you the background you will need to meet your citizenship responsibilities. You are only one person, but your vote can make a difference.

A Citizen of Your Local Community

Your local community is where you live and go to school or work. Every member of the community plays a part in keeping it a good place to live. In many communities, citizens have a real sense of community pride.

As you enter adulthood, you can begin to make a difference in your community. You can become more involved. You can play a part in making or keeping the community a good place to live.

You can begin to make a difference in your community by showing you care. Is an older adult living alone in your neighborhood? Picking up a carelessly delivered newspaper and placing it by the door is a simple, caring gesture. Perhaps you could offer to mow the lawn or shovel the snow. On a crowded bus, just offering your seat to an older adult will show you care.

In one neighborhood, a young man was upset because of the accumulation of trash on the streets. He started picking up the trash on Saturday mornings. Children came out and helped him. Other teens and adults started picking up the trash in their yards. Within two months, the street was clean and orderly. A young teen showed he cared about his neighborhood, and he made a difference.

Your local community has many organizations that can use your help. They are always looking for volunteers. Volunteerism is giving or offering services of your own free will. Show you care and take an active part in making your community better by volunteering your time and talents.

Volunteering

You can return something to your community, your country, and your world by volunteering. Volunteering is choosing freely to provide a service for others without pay.

Globally, volunteerism is a growing movement. Across the world, people are in need. Governments are not able to help all who suffer. Volunteer organizations step in when needed to ease suffering wherever possible. All of these organizations rely on volunteer help, either to provide the aid directly or to raise funds to support the work of the organization.

Once you start volunteering, you will discover that giving to others brings much personal satisfaction. Even though your time may be limited, every minute can count. With volunteer work, you can decide how much time you have to give.

By volunteering, you not only help others, but you also help yourself. You can develop a wide range of skills as you work to benefit others. Volunteering gives you the opportunity to

- learn to be responsible
- identify community needs
- put your special talents to use
- test your skills and learn new ones
- make new friends
- explore a related career or field of work
- work with people in different age groups
- make important contacts in your community
- be recognized for a job well done

There are various ways you can volunteer. You can work through an established organization that uses volunteer help, such as Habitat for Humanity or the American Red Cross. Every community has programs that need volunteers. These may include museums, zoos, animal shelters, libraries, park districts, and nursing homes.

Another way to get involved as a volunteer is to work through organizations to which you already belong. Your group may even wish to launch its own volunteer program to fill a need it sees in your community.

Can you think of other ways you can volunteer to help make your community, country, and world a better place to live?
A Citizen of a Global Community

You are a part of a global community. This means that what you do in your local community and what our society does as a nation impacts the world. Likewise, what happens in local communities around the world can impact you.

Many of the products you buy are imported from other countries. Likewise, many of the products made in this country are exported worldwide. You have only to look in your home to see the many items that are imported from other countries. Your television may have components that came from other countries. Fabrics may come from mills in one country, but may be sent to other nations to be sewn into clothing. You live in a global economy that combines the raw materials from one country and the technology available in another country to produce a final product.

How you care for your environment today can affect the future quality of life on this planet. For example, both the production and the use of fuel can damage the environment. Oil spills in the oceans can foul the waters. Fumes from burning fuels can pollute the air. Nuclear waste, if improperly handled, can have long-lasting environmental effects. These are concerns that can affect the entire global community.

As a citizen of a global community, you need to be informed about the environmental benefits and risks of energy production as well as other trends (such as population growth) that affect global well-being. You can then make your concerns known. Responsible adults need to stay informed about what is happening in the world and how it impacts people’s lives.

Community Leadership

Assuming responsibility sometimes means taking leadership (the ability to lead and influence others). Leaders are needed within the local community as well as in state and national forums. Becoming a leader is one of the responsibilities you may assume as an adult.

You have many opportunities to develop leadership skills as a teen. You can exercise these skills in school and community groups to which you may belong. 1-9. The experience you gain will be very useful in helping you obtain what you want in life. As you continue your education or work after high school, your ability to lead will help you move ahead.

Meeting Personal Expectations

Each of you has expectations for your personal life. Some of your expectations are for what you hope to accomplish. For instance, today you may hope to pass your chemistry exam. If you do not pass this exam, and you continue to have difficulties, your future expectations of passing chemistry may not be met. Other future expectations may include education, a job, marriage, and becoming a parent.

Some of your personal expectations may not be measurable. They may involve more abstract feelings that bring you contentment and satisfaction with your life. Your hopes for finding happiness, love, affection, and fulfillment are equally important expectations.

Goal-Setting in Your Teen Years

Your expectations may become your goals. A goal is something you want to achieve or have. Maybe as a teen you have not spent much time thinking about goals, but you have probably thought about your future. If so, then some goals may have entered your mind. For instance, your parents have probably asked you what you plan to do when you get out of school. From an early age, others may have asked, “What do you want to be when you grow up?” You have probably answered that
question many times through the years, but now is the time to commit to an answer. If you do know what career interests you, then you are ready to start setting some goals for yourself. A career is a series of jobs, usually in the same or related fields. It often includes a progression of jobs that may lead to advancement.

It is important to begin to focus on goals during your teen years. Goals help you steer toward a satisfying future. They can give you a purpose for making the most of every day. Goals help you think more critically when faced with decisions. Even if circumstances cause you to detour slightly, you know you can still reach your goals using other plans. With goals in mind, you have a sense of promise as you look toward your future.

Finding Your Way

Your future depends on your ability to take responsibility for your life. You may think life has not given you what others have. You may not have had a choice in some of the circumstances in your life, but you do have a choice about what you are going to do with your future.

There are many people who can help you sort out your options. Although many young people turn to their friends for advice, they also look to their parents or guardian. If you have a good relationship with a trusted adult, you are more likely to turn to them for guidance. Other family members, too, can help you find answers. Do not be afraid to ask for help.

As you prepare for responsible adulthood, keep the following in mind:

• Seek reliable information resources, and ask questions.
• Identify your options, and think through possible consequences.
• If you make judgments, take responsibility for the results.
• Have opinions, but listen to the opinions of others as well.
• Recognize what is important to you.
• Respect your heritage.
• Be able to communicate, negotiate, and compromise.

Plan and work to create your future. Your life is a continuum—a long, straight line. What happens to you today will always be a part of you. What you do today is a part of your future. Keep a vision for your entire life before you—not just today. You have positive possibilities!
Part One
Personal Development

BUILDING ACADEMIC SKILLS

11. Writing. How does your heredity and environment influence who you are? What inherited and acquired traits do you possess? Write a one-page essay about the factors that shape your personality. Check your essay for correct grammar, spelling, and punctuation.

12. Health. Suppose you knew that a serious hereditary disease ran in your family. Would you want to get tested to know whether you were likely to develop the disease? In small groups, debate why or why not.

13. Reading and Writing. Using Internet or print sources, locate several articles about ways in which your response to your environment can modify some hereditary tendencies. Read the articles and then write a one-page essay describing how these changes can be beneficial or detrimental to your well-being. Check your essay for correct spelling, grammar, and punctuation.

14. Social Studies. Read your local newspaper or watch the news for one week. What is occurring in your local community that could impact the world? What is happening in the world that could have an impact on your community? How can learning more about local, state, and national government help you meet your citizenship responsibilities? Prepare a report of your findings and place it in your portfolio.

15. Math. Conduct a survey of the students in your school on goals teens set. Make a list of the five most common goals. Ask students to rank the goals in order of importance. After tabulating the results of the survey, prepare a graph of your findings.

LINKING TO TECHNOLOGY

16. Using presentation software, create a presentation outlining the ways in which responsibility can be reflected in work habits, personal relationships, dating, family relationships, sports activities, and school government. Share your presentations with the class.

TAKING ACTION IN YOUR COMMUNITY

17. In small groups, develop lists of ways teens can volunteer in your local community. Share the lists in class.

18. Choose an organization within your local community that uses volunteers. Visit the organization and learn more about its history, goals, and activities. What are the volunteers’ responsibilities? How many volunteers does the organization have? Is the organization looking for more volunteers? Would you be willing to volunteer your time to help this organization? Prepare a brief report of your experience.

CAREER REFLECTION

19. Brainstorm a list of careers that interest you. Choose two careers on your list about which you would like to learn more. Using Internet or print sources, search for articles that directly relate to each career. What are the future job prospects for these careers? How much education and training are needed? What are the expected earnings? Summarize your findings in a brief written report.

LINKING TO FCCLA

20. As you begin your journey of self-improvement, get involved with the FCCLA Power of One program. You will develop skills you can use now and in the future as you relate to family, friends, and coworkers. Begin with A Better You and work through all five Power of One units. To get started, ask your FCCLA advisor for a Power of One Project Sheet and other required documents. Step up to the next level and apply for national recognition by completing all five Power of One units. (See your FCCLA advisor for more information as needed.)