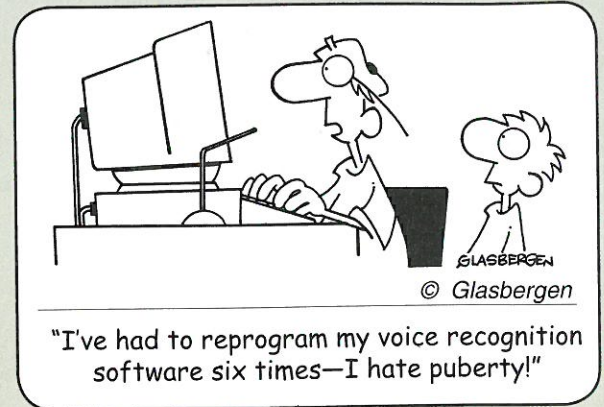


## Change—A Measure of Growth (continued)

Things are not as easy as they used to be when you were little. It's hard to balance all the demands of your daily life. It is difficult to set priorities and manage your time. Family commitments sometimes seem secondary when social pressures build at school. This is the time when you, your peers, and your family need to find new ways to communicate, new ways to show support for one another, and new ways to show respect while you are trying out a new degree of independence.

You may have heard the saying, "Life is a journey, not a destination." The same could be said for handling change. If you learn how to see change as a sign post along the road in your journey, then it will be easier to keep your focus on the journey itself. While change is always somewhat stressful, learning to venture into the unknown is essential.

Right now, you are venturing into the great unknown that is called adolescence. A lot of changes will occur in the next ten years of your life, including high school, college, choosing a career, living on your own, and possibly getting married. All of these stages in the journey of life bring unexpected changes. Some will be difficult. Others will be easy. If you learn early how to embrace these changes and how to learn from them, then you will have an exciting and rewarding life. So what do you do? The only way to really handle change successfully is to expect it, go with it, and grow with it.



## Anatomy Match

- |                     |         |   |
|---------------------|---------|---|
| Cowper's gland      | 1. ___  | A. female reproductive cell                                   |
| semen               | 2. ___  | B. the bottom end of the uterus                               |
| nocturnal emissions | 3. ___  | C. sperm develop here   |
| egg                 | 4. ___  | D. stores mature sperm  |
| urethra             | 5. ___  | E. tube sperm travel through                                  |
| penis               | 6. ___  | F. egg cell develops here                                     |
| testes              | 7. ___  | G. passageway for either urine and/or sperm to leave the body |
| epididymis          | 8. ___  | H. saclike pouch that holds the testes                        |
| prostate            | 9. ___  | I. secretes fluid that gives nourishment to sperm             |
| ovary               | 10. ___ | J. makes a fluid that flushes the urethra before ejaculation  |
| seminal vesicle     | 11. ___ | K. shedding of the lining of the uterus about every 28 days   |
| ejaculation         | 12. ___ | L. external male reproductive organ                           |
| uterus              | 13. ___ | M. organ that holds a developing baby                         |
| fallopian tube      | 14. ___ | N. passageway from the ovary to the uterus                    |
| menstruation        | 15. ___ | O. male reproductive cell                                     |
| vas deferens        | 16. ___ | P. fluid that contains sperm                                  |
| sperm               | 17. ___ | Q. passageway from the uterus to the outside of the body      |
| vagina              | 18. ___ | R. release of semen from the penis                            |
| scrotum             | 19. ___ | S. secretes a fluid which mixes with sperm                    |
| cervix              | 20. ___ | T. release of semen during sleep (also called "wet dream")    |

