Course Information
Adulthood, High School Health
Grade: 9 - 12
Level: 1, BOY-1000000142
Duration: 1 - 5 school
Unit 1: Body Essentials

High School Health

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ADULTHOOD

Overview

By the time you reach **adulthood**, your body has undergone incredible transformations. In previous lessons, we explored the genetics behind how traits are passed down, the stages of fetal development, and the rapid physical, mental, and emotional changes during adolescence. Now, we look at the next stage: adulthood.

Adulthood brings with it new responsibilities and opportunities. Your body has reached full physical maturity, but this stage isn't just about biological changes. It's also about taking on greater **responsibility**: becoming more emotionally and spiritually mature, and finding your purpose in life. In this lesson, we'll explore the physical and mental changes that occur in adulthood, the responsibilities that come with it, and how you can live with wisdom and purpose as you continue your journey.

OBJECTIVES

- Define adulthood from both a biological and biblical perspective
- Compare the physical, emotional, and spiritual differences between adolescence and adulthood
- Reflect on the responsibilities and challenges of adulthood, supported by biblical teachings on maturity and stewardship.

VOCABULARY

adulthood	stage of life characterized by physical, emotional and spiritual maturity
bone density	amount of calcium and other minerals present in bone
faith	trust and confidence in God
metabolism	body process that converts food into energy
muscle mass	amount of muscle present in the body
mystification	process of forming a protective layer of myelin around nerves
neuroplasticity	brain's ability to change and adapt in response to experiences and learning
responsibility	being accountable for your actions and decisions
stewardship	being responsible for caring for something like land, finances, or family, to the best of your ability

When Does Adulthood Begin?

Adulthood is a gradual process that relies on the foundation laid during adolescence. Biologically, adulthood marks the point where your body has completed its growth and reached full maturity. While adolescence is a time of significant physical changes, adulthood focuses more on maintaining the body rather than growing it further.

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Adulthood isn't defined by a specific birthday. Instead, it's a slow shift from adolescence into full independence—taking responsibility for your life, health, relationships, and decisions. From a biblical perspective, adulthood also involves emotional and spiritual maturity. In 1 Corinthians 13:11, when Paul writes, "When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things," he's highlighting an essential shift from immaturity to maturity. This verse speaks to more than just age; it's about embracing a deeper understanding of life's purpose, marked by wisdom and discernment.

From a Christian perspective, maturity means developing the character traits that reflect God's nature—love, patience, kindness, and self-control (Galatians 5:22-23). It involves seeking God's wisdom in every situation and aligning your lives with His truth. As we grow into adulthood, we're invited to move beyond temporary desires and impulses, learning instead to live with a purpose that honors God and benefits others.

Biblical maturity also means taking responsibility for our **faith**. No longer relying solely on others for spiritual guidance (Proverbs 3:5-6 teaches, "Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."). This verse encourages adults to seek God's direction actively, trusting that He will guide them as they navigate responsibilities and make decisions.

In adulthood, living with wisdom and purpose means seeing our lives as part of God's larger plan. It's a time to develop discernment and a servant's heart, recognizing that our actions can be a testimony of our faith. This perspective transforms daily decisions into opportunities to reflect Christ's love, impacting family, friends, and communities in meaningful ways. In this stage, you begin to take full ownership of your life, faith, and the choices you make. Whether it's managing your health, finances, or relationships, adulthood is a time for embracing new independence, as well as the responsibility that comes with it.

Physical Changes in Adulthood

During adolescence, you experienced rapid physical changes as your body prepared for adulthood. Now that you've reached physical maturity, those changes have slowed, but they haven't stopped entirely. Your body continues to adapt and maintain itself, with various hormones working to support a healthy and active life.

One significant change in adulthood is a gradual slowing of **metabolism**. Metabolism helps convert food into energy, but as it slows, it can become harder to maintain the same weight or energy levels as in your teenage years, especially with a less active lifestyle. Staying physically active and eating a balanced diet are essential to keep your metabolism functioning well.

Muscle mass and **bone density** also peak during early adulthood. Muscle mass plays a crucial role in overall strength and healthy aging, as it helps maintain strength and bone health. Without it, muscle mass and bone density can gradually decline, increasing the risk of injury with age.

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During adolescence, the brain completes most of its physical growth in size, but its development continues into adulthood through a process called **mystification**. The prefrontal cortex, the area responsible for executive functions like decision-making, planning, and emotional regulation—undergoes significant refinement. **Mystification** increases the speed of neural communication, while synaptic pruning removes inefficient connections, resulting in a more efficient and specialized brain. This developmental phase equips individuals with the ability to think critically, regulate emotions effectively, and make decisions with long-term consequences in mind, skills that are foundational for thriving in adulthood's diverse opportunities and challenges.

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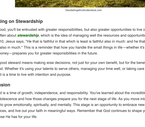
Emotional and Spiritual Maturity

Adulthood brings emotional stability and growth that builds on the foundations of adolescence. During adolescence, your brain was still developing the ability to manage emotions, make decisions, and plan for the future. As you move into adulthood, you become more emotionally grounded. You're expected to manage your emotions and respond to challenges in mature ways, whether that's handling conflict, managing stress, or taking responsibility for your actions.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Emotional maturity doesn't mean avoiding strong feelings, but it does mean learning to handle them healthily. As you mature, you gain the ability to step back, think critically about your choices, and consider how your actions affect others. This shift from impulsive reactions to thoughtful or self-regulated responses is an important part of becoming a thoughtful, responsible adult.

In terms of spiritual maturity, adulthood is a season to grow closer to God and deepen your faith. While adolescence might have been a time of exploring beliefs, adulthood offers the chance to fully commit to your relationship with God. As Christians 2:6-7 says, "As ye have therefore received Christ Jesus the Lord, so walk ye in him: Rooted and built up in him, and established in the faith, as ye have been taught, abounding therein with thanksgiving." This growth involves building a solid understanding of Scripture, applying God's wisdom to daily decisions, and cultivating a deeper sense of joy. Spiritual maturity means being rooted in Christ, allowing your faith to shape who you are and how you live.

Taking on New Responsibilities

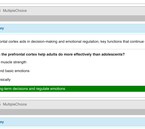
One of the most significant changes in adulthood is the increase in responsibility. In adolescence, you likely began taking more responsibility for things like your health, schoolwork, and friendships, but adulthood brings even more freedom—and with that, more responsibility.

Health and Well-Being

You've also learned about the importance of health in previous lessons—how nutrition, exercise, and rest affect your body. In adulthood, you take full control of your health decisions. This means managing preventive care, making healthy choices, and knowing when to seek medical advice. Adulthood brings greater independence, but it also means that you're responsible for making decisions that protect and promote your health—physically, mentally, and emotionally.

Balancing Freedom with Responsibility

Adulthood gives you more freedom than ever before—you get to make decisions about your career, relationships, and lifestyle. But with that freedom comes the need to balance it with responsibility. You're accountable for the choices you make, whether it's how you spend your time, who you invest in, or how you care for your body. Being an adult means learning how to manage that balance well.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Reflecting on Stewardship

In adulthood, you'll be entrusted with greater responsibilities, but also greater opportunities to live out your faith. The Bible speaks often about **stewardship**, which is the idea of managing well the resources and opportunities God gives you. In Luke 16:10, Jesus says, "He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much." This is a reminder that how you handle the small things in life—whether it's your health, your time, or your money—prepares you for greater responsibilities in the future.

Being a good steward means making wise decisions, not just for your own benefit, but for the benefit of others and to honor God. Whether it's using your talents to serve others, managing your time well, or taking care of your relationships, adulthood is a time to live with intention and purpose.

Conclusion

Adulthood is a time of growth, independence, and responsibility. You've learned about the incredible changes that happen during adolescence and how those changes prepare you for the next stage of life. As you move into adulthood, you'll continue to grow emotionally, spiritually, and mentally. This stage is an opportunity to embrace new responsibilities, make wise choices, and live out your faith in meaningful ways. Remember that God continues to shape you, guiding you toward the purpose He has for your life.

Question #1: Multiple/Choice
Skills Scored:
Adulthood is when the body reaches full physical maturity, transitioning from growth to maintenance.
Hide

Question #2: Multiple/Choice
Skills Scored:
Paul describes adulthood as leaving behind childish ways, symbolizing spiritual and emotional maturity.
Hide

Question #3: Multiple/Choice
Skills Scored:
During adulthood, metabolism slows, making it important to maintain a healthy lifestyle.
Hide

Question #4: Multiple/Choice
Skills Scored:
The prefrontal cortex aids in decision-making and emotional regulation, key functions that continue developing in adulthood.
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Question #5: Multiple/Choice
Skills Scored:
Neuroplasticity supports learning, memory, and adapting to new challenges throughout adulthood.
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Question #6: Multiple/Choice
Skills Scored:
Stewardship of health includes preventive care, healthy choices, and proactive management of well-being.
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Question #7: Multiple/Choice
Skills Scored:
Weight-bearing exercises help preserve muscle and bone health, which can decline if not maintained in adulthood.
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Question #8: Multiple/Choice
Skills Scored:
Emotional maturity involves managing emotions in a balanced way, showing self-control and responsibility.
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Question #9: Multiple/Select
Skills Scored:
Adults are expected to make responsible decisions across these areas to manage their independence and responsibilities well.
Hide

Question #10: Multiple/Select
Skills Scored:
Spiritual maturity includes developing Christian character, a strong foundation in faith, and actions that reflect Christ's love.
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Question #11: Multiple/Choice
Skills Scored:
Adults can live out their faith by making choices that reflect Christ's love and serve others.
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Question #12: Multiple/Select
Skills Scored:
Social maturity includes developing Christian character, a strong foundation in faith, and actions that reflect Christ's love.
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Question #13: Multiple/Select
Skills Scored:
Everyone is called to live out their faith by making choices that reflect Christ's love and serve others.
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Question #14: Multiple/Select
Skills Scored:
Living with wisdom and purpose involves seeking God's guidance, developing Christian virtues, and reflecting God's love in daily actions.
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Question #15: Multiple/Select
Skills Scored:
Maintaining health in adulthood requires regular exercise, balanced nutrition, and adequate rest, while relying only on medication or neglecting preventive care are not recommended approaches.
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