

Week 1-3

**Growth and Development**

1. (a) Define the term Growth and development.  
(b) Get pictures to show the different stages of development.
2. Identify the stages of development during the course of an individual life.
3. State and explain the three stages of **pre-natal** development.
4. Describe the infancy and childhood period.
5. Examine the stage of adolescence closely and state:
  - (a) The age range for this period.
  - (b) The changes that took place in boys and girls during this stage.
6. Find out about the different stages of development according to Erick Erickson stages of development theory.

**Substance Abuse**

1. Define the term substance abuse/drug abuse.
2. Drugs may fall into three categories. They are depressants, stimulants and hallucinogens. Describe the three categories listed.
3. What are two short term effects of the following drugs:
  - Coffee
  - Tobacco
  - Marijuana
  - Cocaine
  - Heroin
4. What are the effects of alcohol?
5. States four reasons why people abuse alcohol.
6. Examine ways in which the family, religious groups and the community can help in the prevention of substance/drug abuse.