

FEMALE



Oide

MALE



Oide

BOTH



Oide

Breasts develop

Hips get wider

Ovaries start releasing
eggs

Periods/ Menstruation
begins

Penis grows longer and
wider

Shoulders broaden

Body sweats more

Voice becomes deeper

Hair grows on chest and
legs

Hair grows underarms

Hair grows on genitals

Hair grows on face

Hormones can change
the way we feel

Sometimes feel lonely
and confused

Want more
independence

Experience mood swings (including
irritability, tearfulness, overwhelming
happiness)

Body shape changes

Weight gain

Start to think more
about appearance

Perspiration may increase

Face shape changes

Have to think more about
personal hygiene

Skin becomes oily

May become more argumentative
and bad tempered

Personality develops

Develop at different
times

Begin to become interested in
or attracted to other people