

FEMALE



Oide

MALE



Oide

BOTH



Oide

Breasts develop

Hips get wider

Body produces sex
hormones

Face shape changes

Spots appear on skin

Weight gain

Body shape changes

Begins to think more about
appearance

Grow taller

Pubic hair grows

Sometimes feels lonely
and confused

Hair grows on face

Wants more independence

Hair grows on chest and
legs

Hair grows underarms

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

Voice becomes deeper

Shoulders broaden

Testicles, scrotum and
penis enlarge

Perspiration may increase

Periods/ Menstruation
begins

Ovaries start releasing
eggs (ova)

Skin becomes oily

May become more argumentative
and bad tempered

Personality develops

Develop at different
times

Have to think more about
personal hygiene

Begin to become interested in
or attracted to other people

Wet dreams/ nocturnal
emissions are common

Start to think about the
future

Spontaneous erections

May be physically attracted to
other people

Sperm is produced

Ejaculation occurs

Hormone called
oestrogen produced

Hormone called testosterone
produced

Vulva

Vagina

Uterus/ Womb

Cervix

Fallopian Tubes

Penis

Conception

Erection

Ovaries

Scrotum

Testicles

Breasts

Sexual intercourse

Sperm