Males
Females
Both
Breasts develop

Hips get wider
Ovaries start releasing eggs

Periods/ Menstruation begins
Shoulders broaden

Penis grows longer and wider
Voice becomes deeper

Body sweats more
Hair grows under arms

Hair grows on face
Hair grows on chest and legs

Hair grows on genitals
Hormones can change the way we feel

Experience mood swings (including irritability, tearfulness, overwhelming happiness)
Sometimes feel lonely and confused

Want more independence
Body shape changes

Personality develops
Start to think more about appearance

Weight gain
Face shape changes

May become more argumentative and bad tempered
Skin becomes oily

Have to think more about personal hygiene
Begin to become interested or attracted to other people

Develop at different times