

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

