

Males

Females

Both

Breasts develop

Hips get wider

Body produces sex
hormones

Spots appear on skin

Face shape changes

Weight gain

Start to think more about
appearance

Body shape changes

Grow Taller

Want more independence

Sometimes feel lonely and
confused

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

Pubic hair grows

Hair grows on chest and
legs

Hair grows on face

Hair grows under arms

Perspiration may increase

Voice becomes deeper

Testicles, scrotum and penis
enlarge

Shoulders broaden

Periods/ Menstruation begins

Ovaries start releasing eggs
(Ova)

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

Personality develops

Develop at different times

Wet dreams/ nocturnal
emissions are common

Start to think about the
future

May be physically attracted
to other people

Spontaneous erections

Sperm is produced

Ejaculation occurs

Hormone called oestrogen
produced

Hormone called testosterone
produced

Vulva

Vagina

Uterus/ Womb

Cervix

Fallopian Tubes

Penis

Ovaries

Scrotum

Testicles

Breasts

Conception

Erection

Sperm

Sexual Intercourse

