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