

## Changes during puberty

Changes	Boy	Girl	Both
Grow taller			X
Skin becomes oily			X
Spots appear on skin			X
Hair grows on face			X
Hair grows under arms			X
Hair grows on arms and face			X
Hair grows on genitals (pubic hair)			X
Breasts develop*		X	
Hips get bigger		X	
Testicles produce sperm	X		
Penis grows longer and wider	X		
Testicles grow larger and fuller	X		
Body produces sex hormones			X
Ovaries start releasing eggs		X	
Periods start		X	
Produce vaginal discharge		X	
Body shape changes			X
Weight gain			X
Face shape changes			X
Spontaneous erections and wet dreams	X		
Voice becomes deeper			X
Body sweats more			X
Start having sexual thoughts and feelings			X
May be physically attracted to other people			X
Sometimes feel lonely and confused			X
Mood swings (including irritability, tearfulness, overwhelming happiness and confusion)			X
May become argumentative and bad tempered			X
Want more independence			X
Start to think about the future			X
Start to think more about appearance			X

\* Breast development is related to an increase in the oestrogen hormone. Males normally produce some oestrogen in the adrenal glands and testes. Nearly one in two boys experience temporary enlargement of the breasts during puberty.

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dreams

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tempered

Want more independence

Start to think about the future

Start to think more about appearance