

## PUBERTY CHANGES

Directions: Place an “X” in the correct column for each puberty change.

PUBERTY CHANGE	BOYS	GIRLS	BOTH
Grow taller			
Skin gets oily			
Acne (pimples)			
Voice changes			
Hair grows on face			
Hair gets oily			
Hair grows in underarms			
Hair grows on genitals (pubic hair)			
Sweat glands develop			
Hips get bigger			
Shoulders get wider			
Start producing sperm			
Penis enlarges			
Testicles enlarge			
Body starts producing sex hormones			
Nocturnal emissions			
Spontaneous erections occur			
Sperm can be released through the urethra (Ejaculation)			
Start releasing eggs (Ovulation)			
Menstruation (Period)			
Mood swings			
Can become interested in having a boyfriend or girlfriend			
Friendships become more important			
Sometimes feel lonely and alone			
Stronger feelings of wanted to be liked and to “fit in”			
Want more independence			
Thinking about the future			
Concerned about looks (appearance)			