

sweats more and  
uses deodorant

get pimples

gains weight

oilier skin

penis and testicles  
get bigger

uterus and vagina  
grow larger

voice gets squeaky  
and deepens

grow nearly to full  
height

hair grows  
around genitals

body hair grows  
longer and thicker

hair grows  
under the arms

feelings are  
stronger

frequent muscles  
grow large

whiskers start to  
grow on the face,

hips get wider

menstrual cycle  
begins

erections are  
more common

breasts grow bigger

wet dreams begin

body produces  
more hormones

hair begins to  
grow on chest

more frequent mood  
changes

changes in friends

changes in  
interests

concerns about  
appearance

changes in problem  
solving skills

more independence  
and responsibility

relationships  
change,

hygiene needs to  
change

body image

feeling not ready to  
grow up

feeling anxious to  
grow up

Male

Female

Both