

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

Breasts develop

Hips get bigger

Shoulders get wider

Start producing sperm

Penis grows bigger

Testicles get bigger

Body starts producing sex hormones

Wet dreams

**Erections happen out of the blue
(penis gets hard)**

**Sperm can be released from penis
(Ejaculation)**

Start releasing eggs (Ovulation)

Periods (Menstruation)

Mood swings

Start having sexual thoughts

Start having sexual feelings

Start producing vaginal discharge

**Can become interested in having a
boyfriend or girlfriend**

Friendship becomes more important

Sometimes feel lonely and confused

Stronger feelings of wanting to be liked and to “fit in”

Want more independence

Thinking about the future

Concerned about looks (appearance)
