

Shoulders and  
chest broaden

**Muscles grow**

Hair grows in  
different places

Voice deepens

Genitals grow  
larger

Acne develops

# Perspiration and body odour

**Breasts develop**



Hips widen

**Skin gets oily**

**Growth spurts**

# Menstruation (period)

Want to be  
liked by your  
peer group

**Mood swings  
and  
attitudes**

Want more  
independence

**Start having  
romantic feelings  
for someone**



# Spermatogenesis