

| Changes in girls | Changes in boys |
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| <p>Breasts: In most girls, puberty starts with breast growth. When breasts start to develop, one may notice small, tender lumps under one or both nipples that will get bigger over the next few years. When breasts first begin to develop, it is not unusual for one breast to be larger than the other. However, as they develop, they will be alike in size and shape.</p> <p>Hair: Soft hair will start to grow in the pubic area (the area between legs). This hair will eventually become thick and very curly. Hair grows under the arms and on the legs.</p> <p>Body shape: Hips get wider and waist will get smaller. Body will also begin to build up fat in the stomach, buttocks, and legs. This is normal and gives body the curves of a woman.</p> <p>Body size: Arms, legs, hands, and feet may grow faster than the rest of the body.</p> <p>Skin: Skin may get more oily. This is because glands are growing too. Almost all teenagers get acne at one time or another.</p> <p>Menstruation: During this period menstrual cycle, or "period" begin. Most girls get their periods between 9 and 16 years of age.</p> | <p>Body size: Arms, legs, hands and feet may grow faster than the rest of the body.</p> <p>Body shape: Adolescents will get taller and shoulders will get broader. They will gain a lot of weight. During this time, many boys experience swelling under their nipples. This may cause them to worry that they are growing breasts. During puberty, muscles will also get bigger.</p> <p>Voice: Voice will get deeper. This may start with voice cracking.</p> <p>Hair: Hair will appear under arms, on legs and face, and above penis. Chest hair may appear during puberty or later, although not all men have chest hair.</p> <p>Skin: Skin may get more oily and may sweat more.</p> <p>Penis: Penis and testes will get larger. Boys get erections due to an increase in sex hormones. Erections occur when the penis gets stiff and hard – sometimes for no reason. This is normal. Body will also begin to produce sperm during puberty. This means that during an erection, adolescents may also experience ejaculation. This occurs when semen (made up of sperm and other fluids) is released through the penis. This could happen during sleep. This is called a nocturnal emission or "wet dream."</p> |