

Puberty Changes Worksheet

Change	Males	Females	Both
Body sweats more			
Bones grow bigger and heavier			
Breasts and nipples get larger			
Face changes shape			
Get more muscles			
Grow taller and heavier			
Hair and skin can become oily → get pimples			
Hair grows on the face			
Hair grows under the armpits, around the genitals (pubic hair)			
Hair on arms and legs grows darker			
Hips get wider and more curvy			
Internal and external sex organs grow			
May have mood swings, sexual thoughts and feelings			
Nose and jaw get bigger and face gets longer			
Voice gets deeper			