

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		✓	