

# Body Changes

| Changes that happen in puberty...               | Male | Female | Everyone |
|---|------|--------|----------|
| Grows taller                                    |      |        |          |
| Has hair under the arms                         |      |        |          |
| Develops pubic hair                             |      |        |          |
| Grows hair on the face                          |      |        |          |
| Private parts grow bigger                       |      |        |          |
| Breasts grow                                    |      |        |          |
| Hair on legs                                    |      |        |          |
| Periods start                                   |      |        |          |
| Voice gets deeper                               |      |        |          |
| Has mood swings                                 |      |        |          |
| Might think about having a boyfriend/girlfriend |      |        |          |