

Physical Change

Emotional Change

Social Change

Get acne

Get taller

**Hormones are
raging**

Voice deepens

**Spontaneous
erections**

Menstruation

Wet dreams

Hips widen

Voice cracks

Muscle growth

**Sweat starts to
smell**

Grow breasts

**More
interested in
being with
friends**

Weight gain

**Start to become
interested in others as
more than friends/
finding boyfriends,
girlfriends**

**Peer pressure
increases**

**Mood swings – feel
great one minute,
and then really sad
or angry the next**

Anxiety and Stress

**Intense
feelings**

**Feel self-
conscious about
how your body
looks**

**Might have hardtime
making up your
mind/feel unsure a lot**

**Grow hair underarms,
on legs, around
genitals**

**Might start thinking,
“Who Am I?” – try to
define yourself as
a person**

Changes of Puberty

Answer Key

PHYSICAL CHANGES OF PUBERTY

Get taller

Grow breasts

Weight gain

Grow hair under arms, on legs, around genitals

Get acne

Hormones are raging

Voice deepens

Spontaneous erections

Menstruation

Wet dreams

Hips widen

Voice cracks

Muscle growth

Sweat starts to smell

SOCIAL CHANGES OF PUBERTY

May want to try more and riskier things

More interested in being with friends

Start to become interested in others as more than friends/finding a boyfriend or girlfriend.

Peer pressure increases

EMOTIONAL CHANGES OF PUBERTY

Mood swings – you feel great one minute, and then really sad or angry the next

Anxiety and stress

Intense feelings

Feel self-conscious about how your body looks

Might have hard time making up your mind/feel unsure a lot

Feel “paranoid” – everyone’s looking at/talking about you

Might start thinking, “Who Am I?” – try to define yourself as a person

DRAFT