Hair gets oily

Hair grows in underarms

Hair grows on genitals

(pubic hair)

Sweat glands develop

Breasts develop

Hips get bigger

Shoulders get wider

Start producing sperm

Penis grows bigger

Testicles get bigger

Body starts producing sex hormones

Wet dreams

Erections happen out of the blue (penis gets hard)

Sperm can be released through the penis (ejaculation)

Start releasing eggs (ovulation)

Periods (menstruation)

Moodswings

Start having sexual thoughts

Start having sexual feelings

Start producing vaignal discharge

Can become interested in having a boyfriend or girlfriend

Friendship becomes more important

Sometimes feel lonely and confused

Concerned about looks

Stronger feelings of wanting to be liked and to “fit in”

Want more independence

Thinking about the future