

**Body changes
shape**

**Hair grows
under arms**

**Pubic hair
grows**

**Skin gets
oilier**

Both

Hips widen

**Leg muscles
get bigger
and stronger**

**Breasts start
to grow**

**Periods
start**

**Body gets
curvier**

Most girls

**Shoulders
get wider**

**Sperm starts
to be produced**

**Penis grows
longer and wider**

**Testicles get
bigger**

**Neck, chest
and leg muscles
get bigger**

**Facial hair
starts to
grow**

Most boys

