

**Get taller**

**Grow breasts**

**Weight gain**

**Grow hair under  
arms, on legs,  
around genitals**

**Get acne**

**Hair texture**

**may change**

**Hormones are**

**raging**

**Voice deepens**

# **Spontaneous erections**

**Menstruation**

**Hips widen**

**Voice cracks**

**Muscle growth**

**Sweat starts**



**to smell**

**May want to try**

**more and  
riskier things**

**More interested  
in being with**

**friends**

**May have more**

# **conflict with parents**

**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**

# Wet Dreams

**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**