Puberty

Female body

A picture containing clothing, drawing

Description automatically generated**Common physical changes:**

• Grows hair under arms, on legs and in pubic area

• Grows taller

• Gains weight

• Becomes curvier

• Develops wider hips

• Grows larger breasts

• Starts to get monthly periods

• Develops oilier skin and may get acne

• Perspires more and may develop a different body odour

• Begins to feel sexual attraction and desire

**Common emotional changes:**

• Has changes in mood

• Feels embarrassed easily

• Feels closer to friends than family

• Feels shy

• Can be more impulsive and take more risks

• Is increasingly better able to reason and solve problems

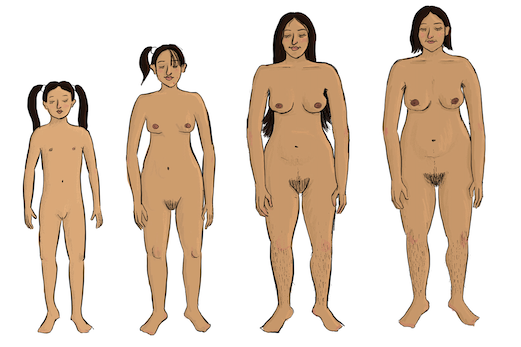
• May rebel against parents and caregivers

• Desires more independence

• Has concerns about being normal

• Wants to try new things

**Changes in the female body during puberty**



Puberty

**A picture containing clothing, standing, person

Description automatically generated**Male body

**Physical changes:**

* Grows hair under arms, on legs, in pubic area, on face and chest
* Grows taller
* Gains weight
* Becomes more muscular
* Develops a deeper voice
* Develops oilier skin and may get acne
* Perspires more and develops a different body odour
* Experiences ejaculation and may have wet dreams
* Begins to feel sexual attraction and desire

**Emotional changes:**

* Has changes in mood
* Feels embarrassed easily
* Feels closer to friends than family
* Feels shy
* Can be more impulsive and take more risks
* Is increasingly better able to reason and solve problems
* May rebel against parents and caregivers
* Desires more independence
* Has concerns about being normal
* Wants to try new things

**Changes in the male body during puberty**

A picture containing shirt

Description automatically generated

The contents of this handout have been adapted from: Population Council (2013) Life Skills and Health Curriculum for the Adolescent Girls Empowerment Program (AGEP); Plan International (2016) Champions of Chance module 4 “Being Informed About Sexual and Reproductive Health”; and Frontline AIDS (2019) Sexuality and Life Skills Toolkit session 11: Puberty.