## Examples of physical, social and emotional changes in puberty

* Skin gets oily
* Hair grows on face
* Voice changes
* Penis grows bigger
* Body starts producing sex hormones
* Erections happen out of the blue
* Start having sexual thoughts
* Start having sexual feelings
* Friendship becomes more important
* Stronger feelings of wanting to be liked and ‘fitting in’
* Sperm released through penis (ejaculation)
* Sweat glands develop
* Acne (pimples)
* Hips get bigger
* Hair grows on underarms
* Mood swings
* Not always agreeing with parents
* Labia growing and changing shape
* Hair grows on genitals (pubic hair)
* Breasts develop
* Shoulders get wider
* Start producing sperm
* Testicles get bigger
* Concerned about looks (appearance)
* Start releasing eggs (ovulation)
* Periods (menstruation)
* Can become interested in having a dating partner
* Start producing vaginal discharge
* Thinking about the future
* Sometimes feel lonely and confused
* Want more independence