

Puberty

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Puberty is a time of transition to sexual maturity.

PUBERTY

<https://www.youtube.com/watch?v=TRyOcLSJDzk>

Changes that occur in boys and girls

- Males and females both grow body hair in their pubic area, as well as under the arms and on the legs
- Lowering of the voice (more prominent in men than in women)
- Sweat glands start to grow and kick in to increase underarm sweating and make the hair and skin oilier, and acne may break out as hormone levels rise.
- Sweat may start to cause body odor, and this is the stage when most teens start to use deodorant.
- Boys and girls both may put on weight, although in different places.
- Boys start puberty about a year later than girls, so these physical changes happen at different times; although boys usually grow to be taller than girls, there is a year or so when the girls are taller than the boys.
- Heightened interest in sexual relations with other men or women

Changes During Puberty

Boys

- Boys gain weight.
- Shoulders get wider.
- Muscles start to get bigger and stronger.
- You may notice that you are getting an 'Adam's apple'. This is your larynx or voice box getting larger and sticking out at the front of your throat.
- Penis gets longer and wider.
- Testes (or testicles) get larger.
- Breasts look like they're developing a bit! (Don't worry this is quite normal and usually goes away by the end of puberty.
- Wet Dream start occurring...don't worry...it's normal!

Girls

- Bodies become curvier and hip bones widen.
- There is weight gain, particularly on the hips. This does not mean you have to start a diet to lose weight.
- Muscles get bigger and stronger, but they do not show up as much as boys' muscles.
- Breasts start to develop. First there is a small swelling under the nipples, and then the whole breast area starts to get bigger.
- Menstruation (periods) starts.
- You may get some whitish jelly from your vagina before or in between periods. (Don't worry it's just your body's way of cleaning itself.)