



Changes During Puberty and Adolescence - Master List

Physical

Male

Voice deepens
Shoulders broaden
Acne develops
Growth of body hair --face/armpits/chest/ legs and genitals
Appetite increases
Muscles develop

Female

Breast development
Start menstrual cycle
Acne develops
Growth of body hair --armpits/legs and genitals
Appetite increases
Hips widen

Mental

Male

Increased awareness of others
Think more independently
Develop respect for self/others

Female

Increased awareness of others
Think more independently
Develop respect for self/others
More mentally mature

Emotional

Male

Develops self confidence
Communicates better

Female

Develops self confidence
Communicates better
More in tune with feelings
More emotional

Social

Male

More independent from parents/guardians
Crave peer belonging and connectedness
Feels safety in groups

Female

More independent from parents/guardians
Crave peer belonging and connectedness
Feels safety in groups