

QUICK REVIEW

What are the three types of changes/growth during puberty?

Physical

Mental

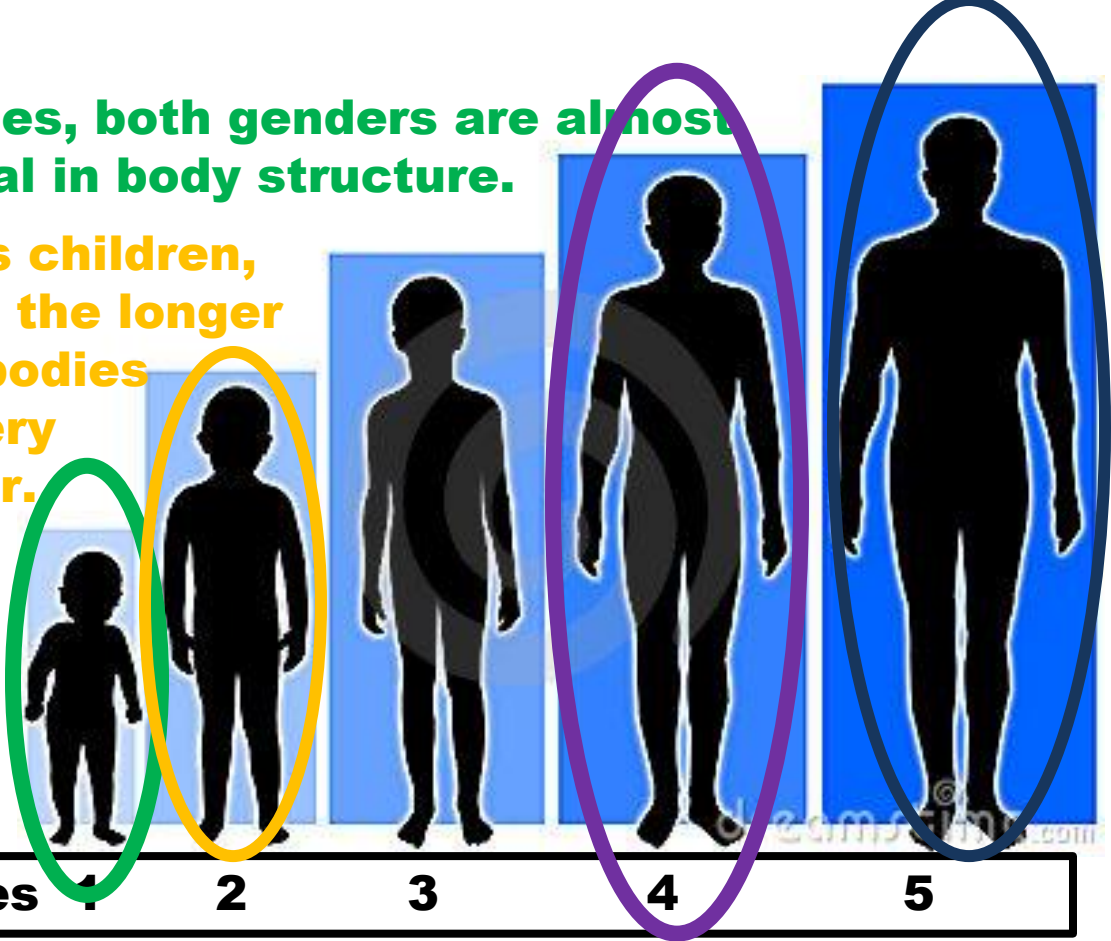
Social

Physical Changes

Body Changes	Male	Female	Both
1. Broad shoulders			
2. Muscle growth			
3. Wider hips			
4. Deeper voice			
5. Pimples (acne)			
6. Growth spurt			
7. Releases more oil			
8. Body fat increases			
9. Underarm hair			
10. Sweats more			
11. Permanent teeth			
12. Secretes hormones			
13. Pubic hair			
14. Sperm produced			
15. Starts menstruation			
16. Facial hair			
17. Breast develop			

- As babies, both genders are almost identical in body structure.

- Even as children, minus the longer hair, bodies are very similar.



- Stage 4, changes to become body of a man or woman.

- Both taller, girls wider hips, boys broad shoulders, girls narrow waist, boys muscle mass

