

Physical

Social

Emotional

Voice cracks

**Peer pressure
increases**

Muscle growth

**More interested in being
with friends**

**Start to become interested in
others more than friends/finding
a boyfriend or girlfriend**

Sweat starts to smell

**May want to try different,
sometimes risky things**

**May have more conflict
with parents/caregiver**

**Anxiety and stress
can increase**

**May feel self-
conscious about how
your body looks**

Voice deepens

Grow hair under arms, on legs, around genitals

**Feel hungrier/
Eat more**

Get acne

**Feel kind of clumsy/
trip over your own feet
sometimes**

Hair texture may change

**Grow taller
(growth spurt)**

**Hormone surges can make
your moods go up and
down**

**Experience more intense
feelings - happy one
minute, upset the next**

Hips widen

**Feel "paranoid" -
"Everyone's looking
at/talking about me!"**