

Puberty Changes: Physical

(Changes Additional Materials Section 1)

Their body's changing, and so is everything else. But, what is causing all these changes and when does it usually happen? Changes in hormone levels are responsible for most of the changes.

Physical Changes for Females

Changes	Age at which it happens
Growth of breasts	7-13
Growth of pubic hair	7-14
Body Growth	9 1/2-14 1/2
First Period	10-16 ½
Underarm Hair	2 years after pubic hair shows up
Acne	Around the same time as underarm hair

Timing of Puberty

Remember, puberty is not the same for everyone so the ages are just a guideline. Puberty starts at different times and lasts for different periods of time for everyone. It can start as early as 7 years of age to as late as 13 years of age. You may have heard that girls mature more quickly than guys, and that is somewhat true, since girls usually enter puberty about 2 years earlier than boys.

Physical Changes for Males

Changes	Age at which it happens
Growth of testicles and scrotal sac	10 to 13 ½
Growth of pubic hair	10 to 15
Body Growth	10 ½ to 16 ½
Growth of penis	11-14 ½
Change in voice	About the same time as penis growth
Facial and Underarm Hair	About 2 years after pubic hair appears
Acne	About the same time as underarm hair appears

Remember that there is nothing you can do about puberty it just arrives either early or later and affects us all.