

Name: _____

Date: _____

What Changes Am I Going Through?

Puberty is the time between childhood and adulthood when girls and boys experience various physical and emotional changes. Puberty is a stage of life that everyone experiences, some sooner and some later. The more you understand these changes, the more comfortable and confident you will feel about them.

Directions: If you think the change is one that happens to males only, write an “M” in the space. Write an “F” if you think it happens only to females, and a “B” if you think the change happens to both males and females.

- _____ 1. More hormones are produced.
- _____ 2. The body grows taller and bigger.
- _____ 3. Body hair begins to grow.
- _____ 4. Individuals sweat more.
- _____ 5. Shoulders widen and necks thicken.
- _____ 6. Menstruation begins.
- _____ 7. Different feelings and moods are common.
- _____ 8. Individuals have sexual thoughts and feelings.
- _____ 9. Individuals experience new feelings of independence.
- _____ 10. Interests and friendships change.
- _____ 11. Hips widen.
- _____ 12. Voice sounds deeper.
- _____ 13. Acne appears.