

Worksheet – Changes in adolescence and puberty checklist

The list below contains *some* of the physical changes that are common during puberty and adolescence, along with changes in how adolescents think and feel, and changes in how they socialise and interact with others.

Not everyone experiences puberty and adolescence in the same way, so not all young people will relate to all of the changes listed.

Physical changes	
<p>Common to all</p> <ul style="list-style-type: none"> • Growth spurts (getting taller) • Hair grows on legs, under arms and around the genitals • Hair and skin may get oilier (may get spots/acne) • Sweat glands develop and sweat starts to smell • May feel hungrier 	
<p>Female bodies</p> <ul style="list-style-type: none"> • Get periods (start menstruation) • Produce a whitish vaginal discharge during the menstrual cycle • Begin to ovulate (eggs released from ovaries) • Hips widen • Breasts develop 	<p>Male bodies</p> <ul style="list-style-type: none"> • Voice deepens • Get facial hair • Shoulders widen • Get erections for no obvious reason • Start making sperm • Have wet dreams (ejaculate during sleep)
Thinking and feeling changes	
<ul style="list-style-type: none"> • May have sexual thoughts and feelings • May feel self-conscious about looks • May be more interested in masturbating • May feel things intensely (experience mood swings) • May want to try out new things • May have more arguments with parents • May worry that other people are talking about them • May want more independence from parents • May be more interested in social issues (e.g. sexism, racism, homelessness, etc.) • May be a bit clumsy • May think more about who they are in the world • May be a bit more disorganised and forgetful • May be able to argue opinions more clearly • May be able to work out more problems for themselves 	
Relationship and social changes	
<ul style="list-style-type: none"> • Most adolescents want more independence from their family than they had as children • Friendships are usually more important than previously • May spend less time with parents and family • May change friendship groups based on new interests • May be with friends more, and organise their own social life rather than parents being involved • May start a romantic relationship • May try new ways of dressing, new pastimes, etc. 	

