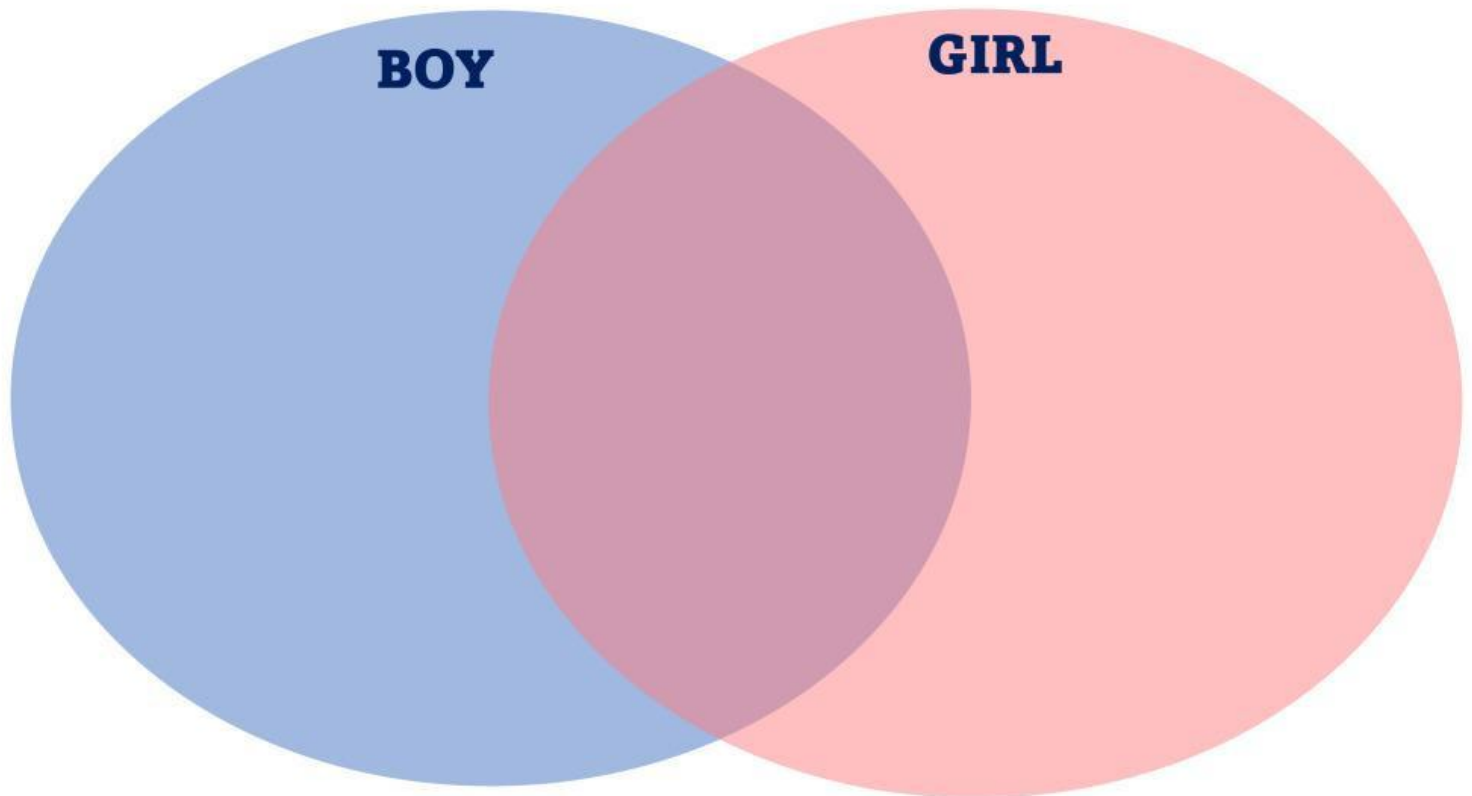


PHYSICAL CHANGES IN ADOLESCENCE



Voice deepening (due to growth of the larynx)

Start of menstruation (menarche)

Growth of pubic and underarm hair

May have small, temporary breast growth

Widening of hips and changes in body shape

Breast development

Skin changes (acne, oily skin)

Growth spurt (increase in height and weight)

Mood swings or emotional changes

Reproductive organs mature

Increased activity of sweat glands (stronger body odor)

Facial hair growth (mustache, beard)

Muscles get stronger