

Acne (pimples)

Starting to ovulate

First ejaculation

Growth of hair under arms

Starting to menstruate

Starting to produce sperm

Appearance of pubic hair

Growth of internal and external sex organs

Growth to a maximum height

Enlargement of breasts

Body odor

Nocturnal emissions or "wet dreams"

Growth of facial hair

Marked voice changes

Muscle development

**May want to
use deodorant**

**May need to
shower or bathe
more often**

**May need
regular exercise**

**May need to get
enough sleep**