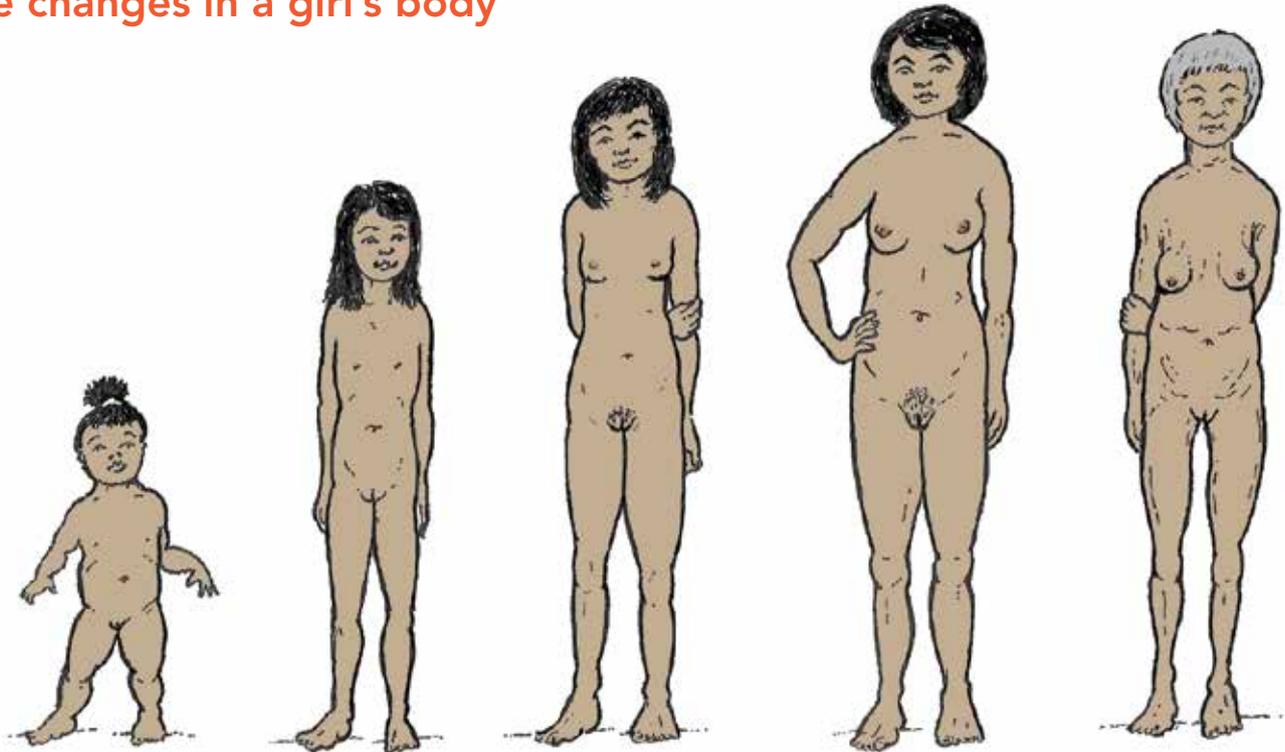


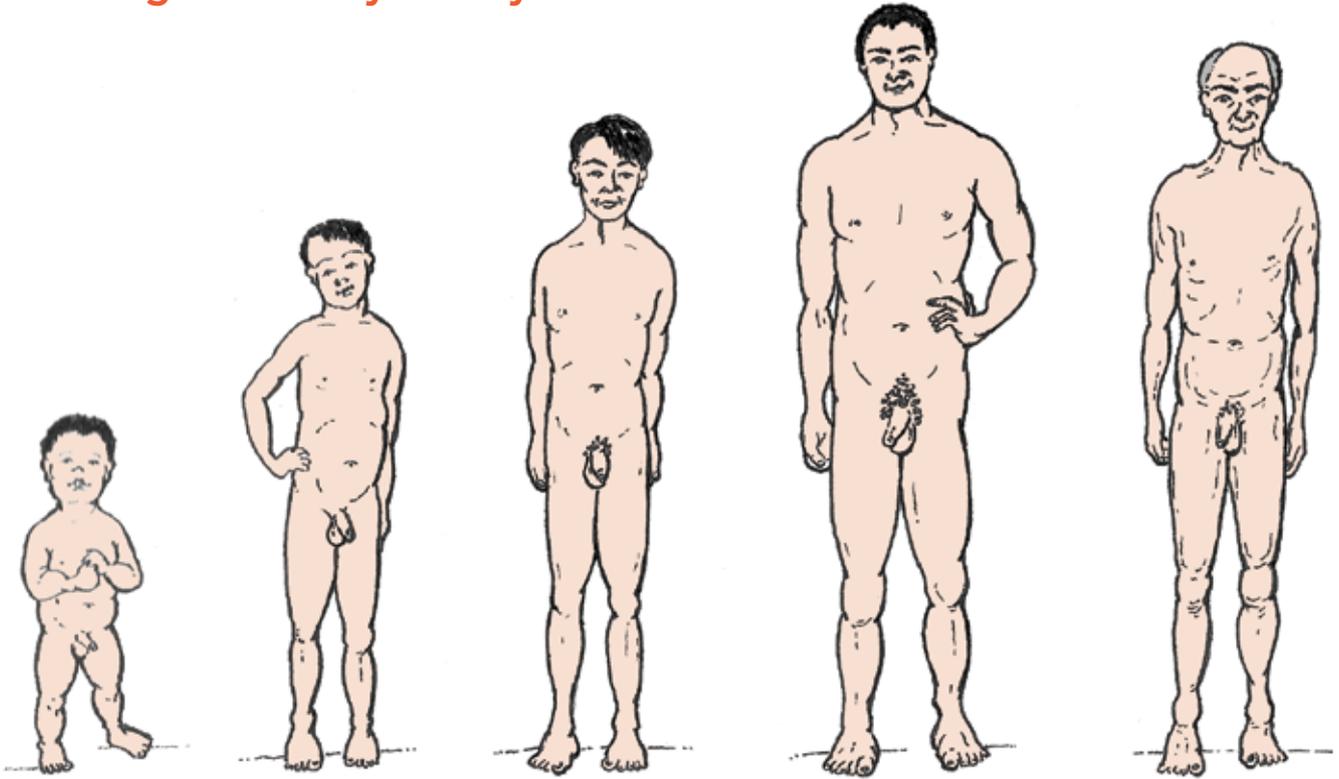
As people grow up, their bodies and feelings change. Between the ages of 9 and 16 years, girls change into women and boys change into men. This time of life is called puberty.

The changes in a girl's body



- She grows taller
- Her hips get bigger
- Her breasts grow bigger
- She gets hair between her legs around the vulva, under her arms and on her legs. Some girls and women are more hairy than others
- She gets her periods. This is when blood comes out of her vagina every month. For more information go to the fact sheet called 'Periods'
- Girls sweat more. Sweating is when people feel hot and damp under their arms and between their legs. This happens more when it is hot or during exercise like when they are playing sport. Sweaty body parts can smell, so girls should wash their bodies every day.

The changes in a boy's body



- He grows taller
- His chest and shoulders get bigger
- His voice gets deeper
- His penis and testes grow bigger
- He will get hair on his face. He might choose to shave or have a beard
- He gets hair between his legs around his penis. Hair grows under his arms. Some boys and men are more hairy than others
- Sometimes he will get hair on his chest and back
- Semen starts to come out of a boy's penis. This can happen when he masturbates, when he is asleep having a wet dream, and when he has sex
- Boys sweat more. Sweating is when people feel hot and damp under their arms, between their legs, and for men underneath the foreskin. This happens more when it is hot or during exercise like when they are playing sport. Sweaty body parts can smell so boys should wash their bodies every day. Boys and men should also wash underneath their foreskin every day.

All these changes happen to most people but at different times. People who are worried about the changes in their bodies should find someone they trust to talk to about it.

Changes in feelings

When girls grow into women and boys grow into men they will start to have new and different feelings. Sometimes people might feel very happy, very sad or very lonely. Sometimes people might cry or giggle a lot. Sometimes people may not know how they feel. Some people may feel embarrassed about their body while it is changing.

Sexual feelings

Some people may want to have a boyfriend or girlfriend. They may feel very excited when they kiss their boyfriend or girlfriend and they might want to have sex with them. These sexual feelings happen when a person's body is changing. They may dream or think a lot about boyfriends, girlfriends and sex.

Becoming more independent

A young person may find they are having lots of fights with their parents and other people. This happens when girls and boys are changing into women and men because they are becoming more independent. They want to do things by themselves. They need to work out what sort of woman or man they want to be.

All these feelings happen to most people. These feelings are a normal part of growing up. People who are worried about the changes in their feelings should find someone they trust to talk to about it.



What you need to know:

- Both boys' and girls' bodies change during puberty
- Everyone starts to change at a different time
- The changes might happen to you before or after they happen to your friends
- Both boys and girls have lots of different feelings while their bodies are changing
- If you are worried about any changes in your feelings, talk to someone you trust
- If you are worried about any changes that are happening to your body, talk to someone you trust

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