



## Common Physical Changes In Teenagers



Increase in muscles size and strength

Increase in volume and thickness of bones



Brain development marked by behavioral changes

Possible eruption of one or more wisdom tooth



Changes in sleep pattern

Body odor due to sweating



More oily skin and hair than before

Weight gain



Improved social skills and cognitive abilities

### Reference:

1. Physical changes in puberty; Raising Children Network
2. The Growing Child: Teenager (13 to 18 Years); Stanford Children's Health