







gestation period

adolescence

puberty

hormone

growth stage

the **time in which a foetus develops**, beginning with fertilization and ending at birth (it lasts nine months in humans)

the period following the onset of puberty during which a young person develops from a child into an adult

the period during which adolescents reach sexual maturity and become capable of reproduction

a chemical released in a gland that travels to other parts of the body where it **helps control how cells and organs do their work**

infancy, childhood, adolescence, and adulthood are human growth stages before old age

changes in puberty

- muscles and bones grow larger
- females develop breasts and their hips widen
- males shoulders widen and their voice deepens
- both females and males grow hair under their arms and around their genitals
- females start menstruating (periods begin)
- males produce sperm in testes
- hormonal changes produce mood swings



