

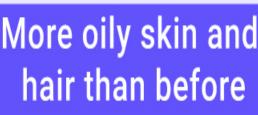


Changes in sleep pattern

Body odor due to sweating







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



Source: https://www.momjunction.com/articles/physical-changes-happenpuberty_0082726/