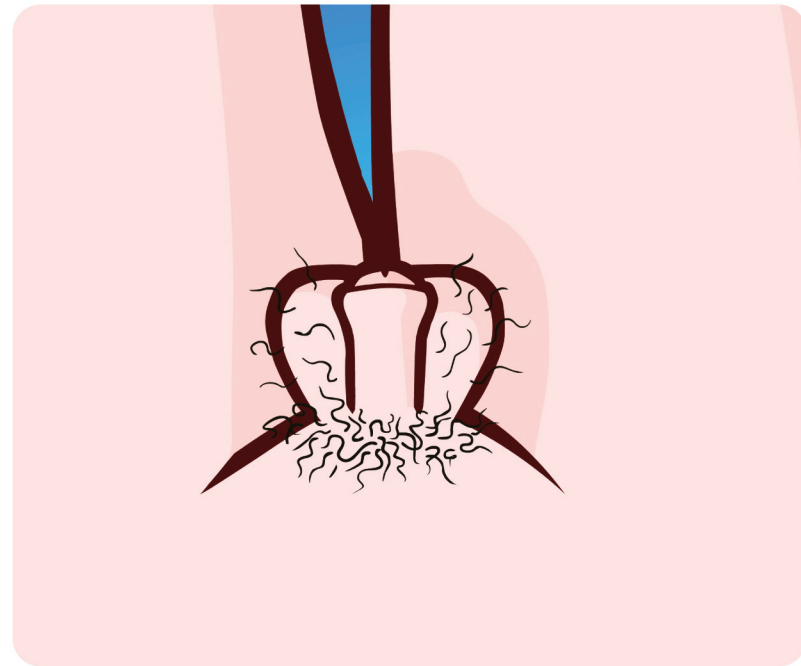


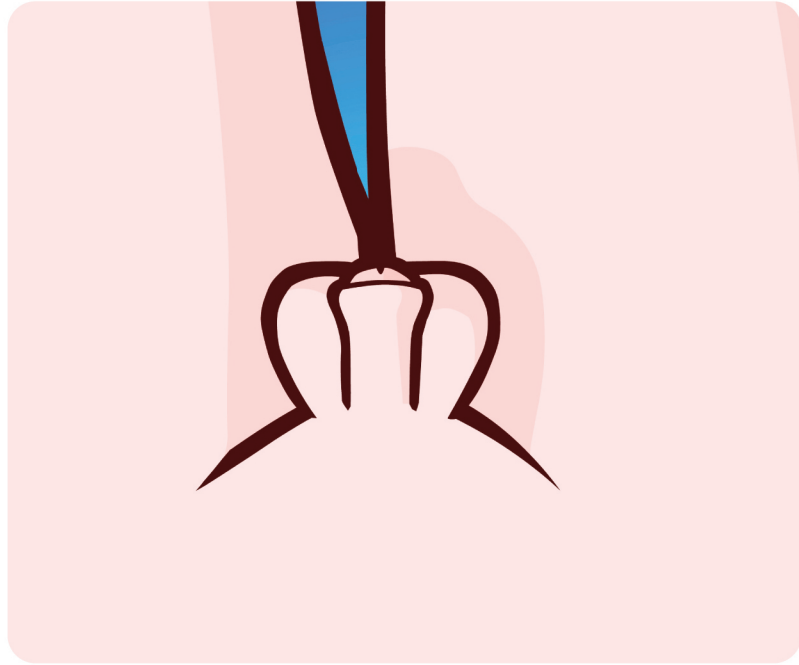
Blew pwbig yn dechrau tyfu.

Pubic hair starts to grow.



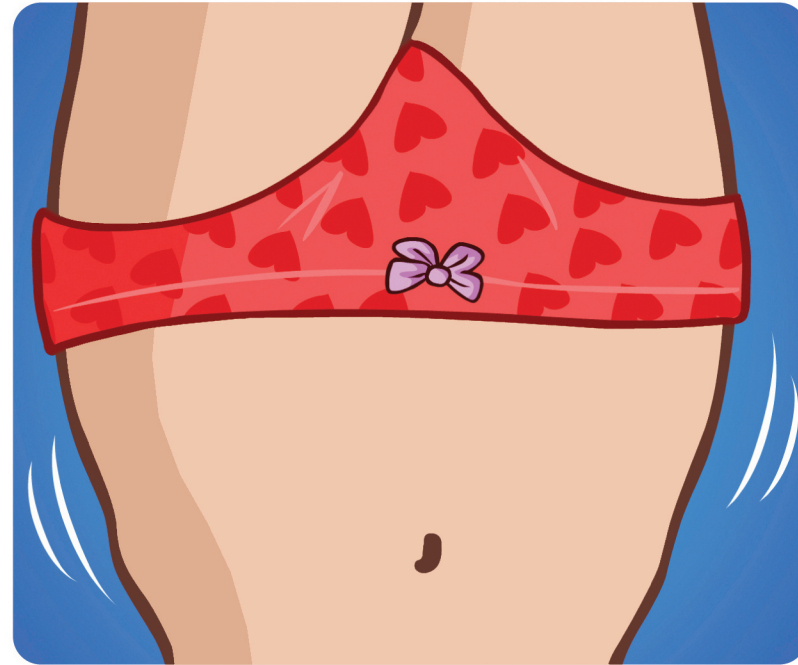
Blew pwbig yn dechrau tyfu.

Pubic hair starts to grow.



Ceilliau a'r pidyn yn tyfu'n fwy.

Testicles and penis grow bigger.



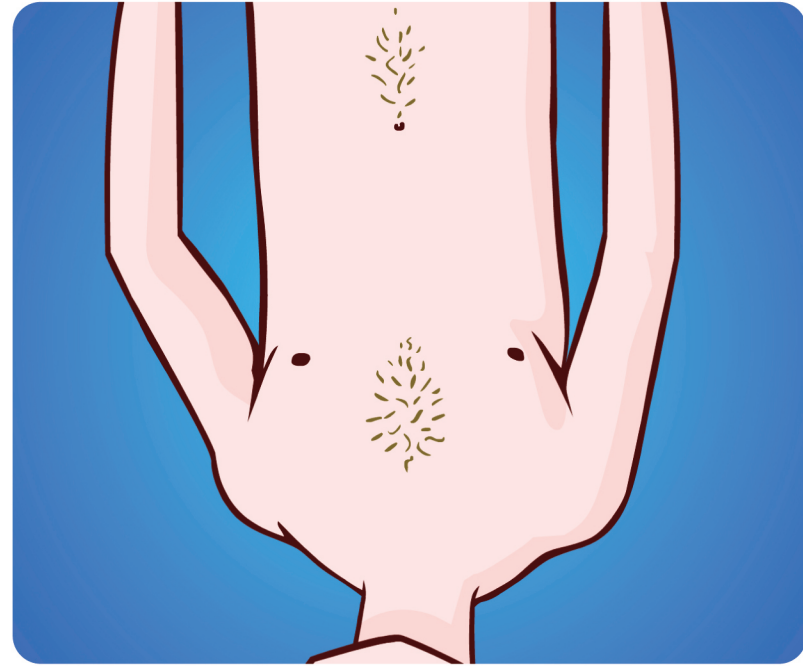
Cluniau yn mynd yn lletach.

Hips grow wider.



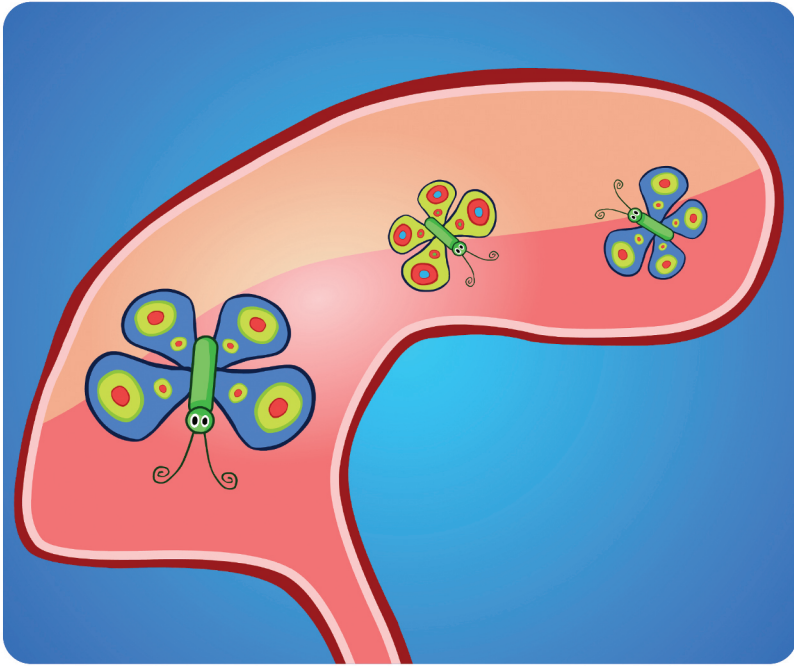
Cyhyrau yn dechrau tyfu.

Muscles start to grow.



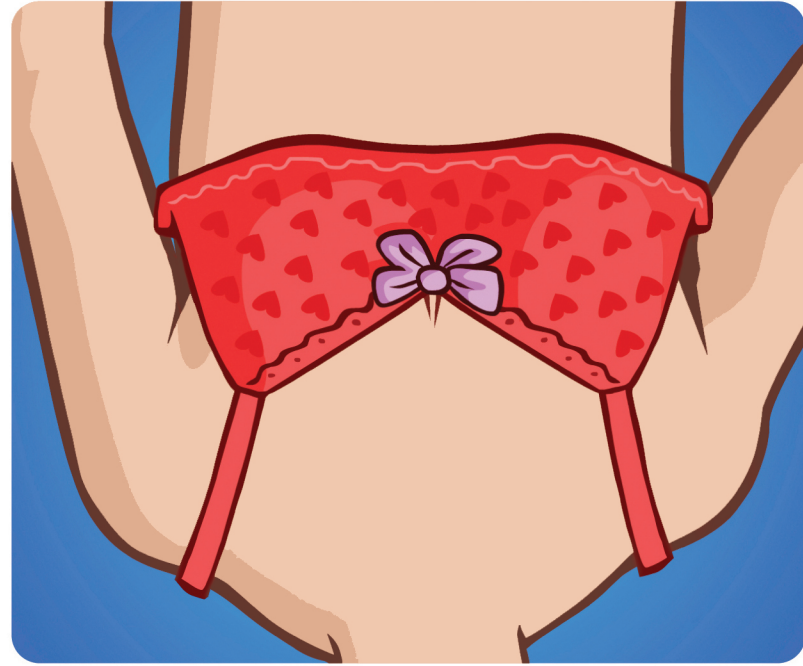
Blew yn tyfu ar y corff.

Hair grows on the body.



Teimladau'n newid.

Mood swings.



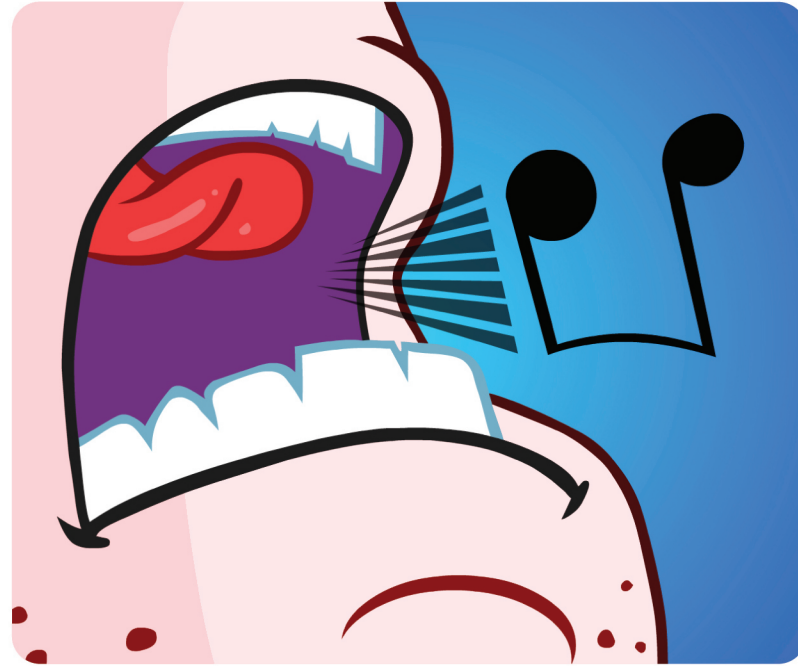
Mae bronau yn dechrau tyfu.

Breasts start to grow.



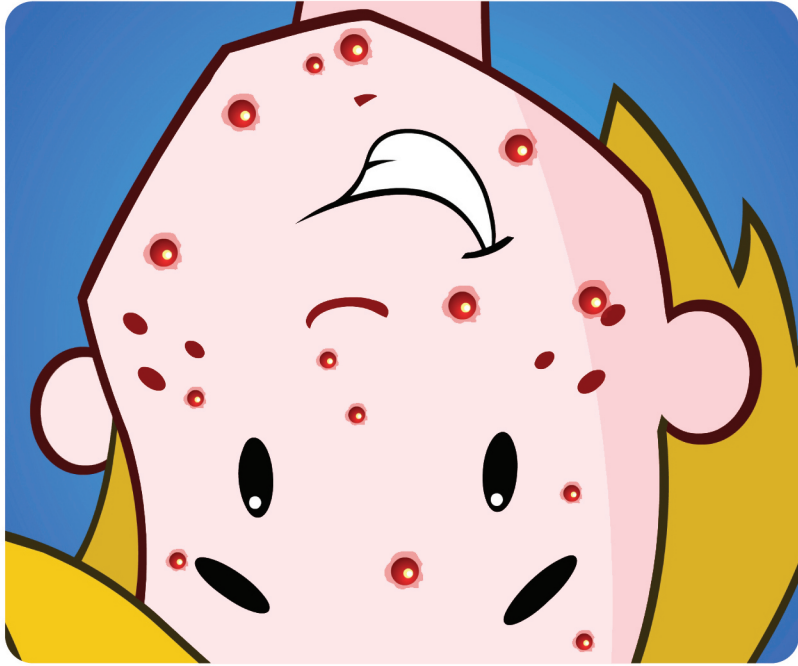
Y ceiliau yn dechrau
cynhyrchu sberm.

The testicles start to
produce sperm.



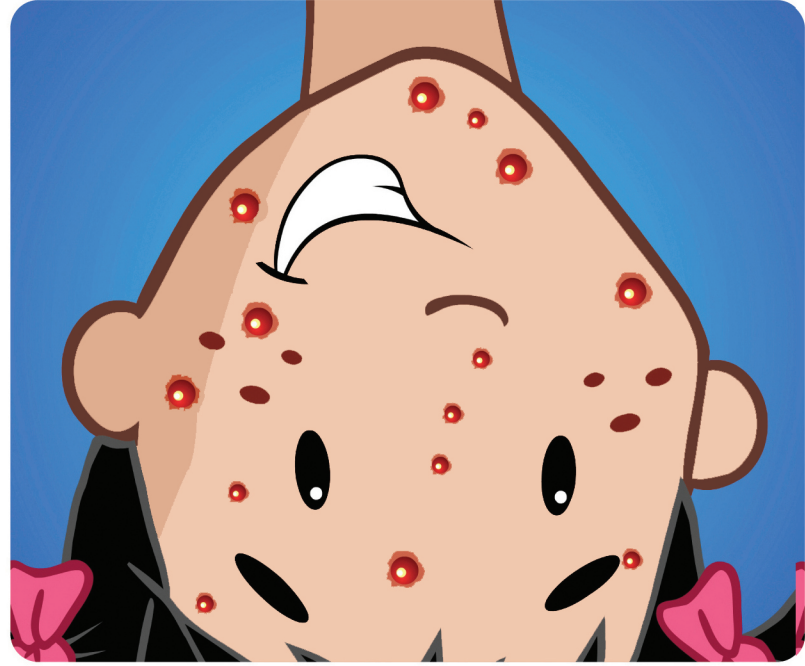
Llais yn torri.

Voice breaks.



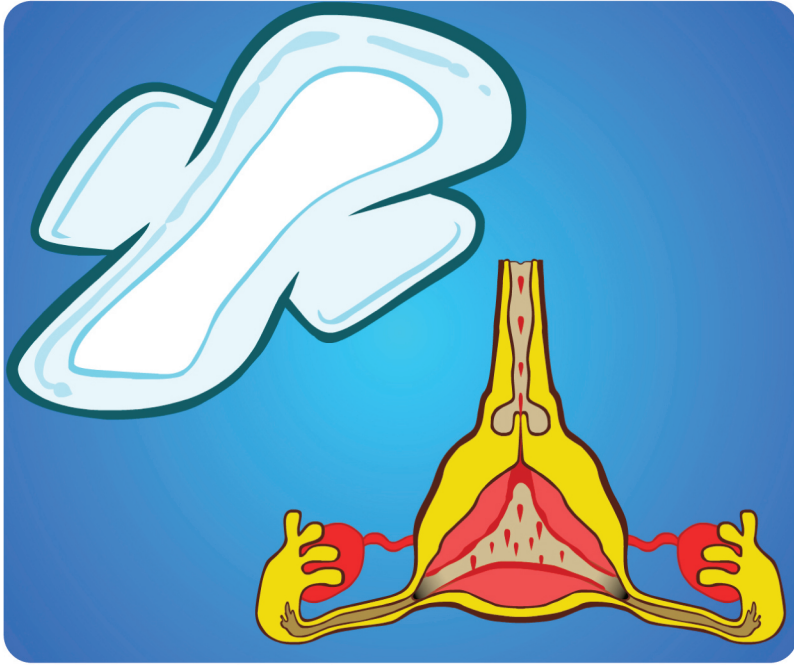
Acne.

Acne.



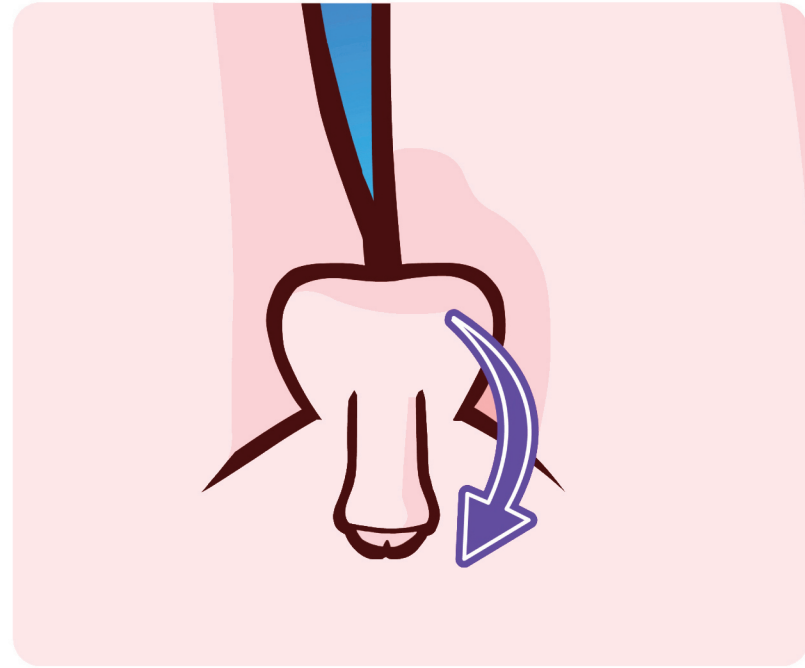
Acne.

Acne.



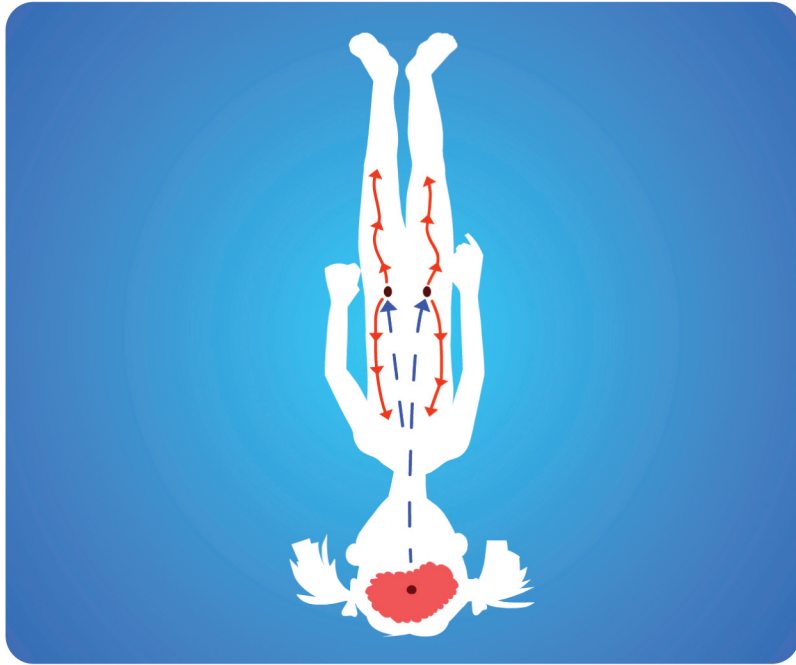
Mislif yn dechrau.

Periods start.



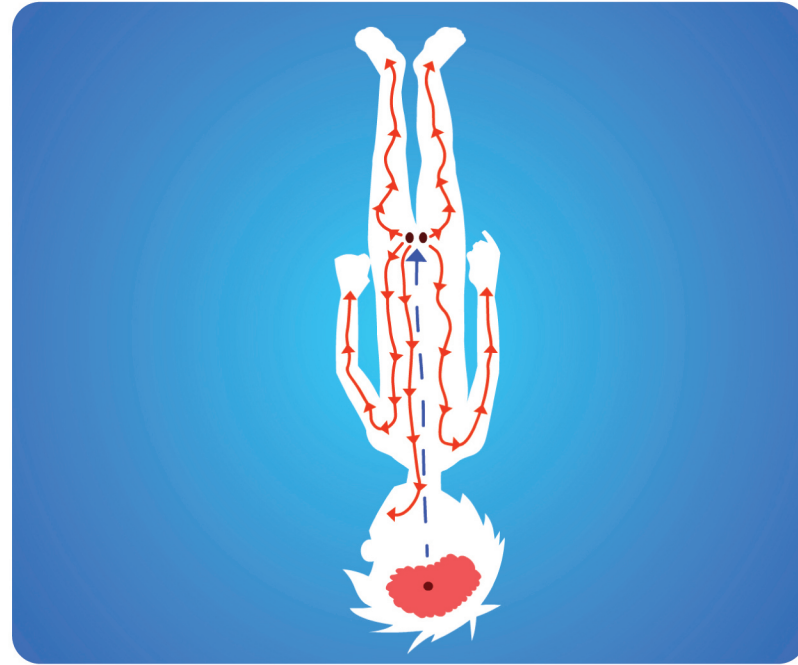
Mae'r pidyn yn mynd yn galed
yn aml yn ystod glasoed.
Codiad yw'r term am hyn.

The penis often goes hard
during puberty. Erection is the
term for this.



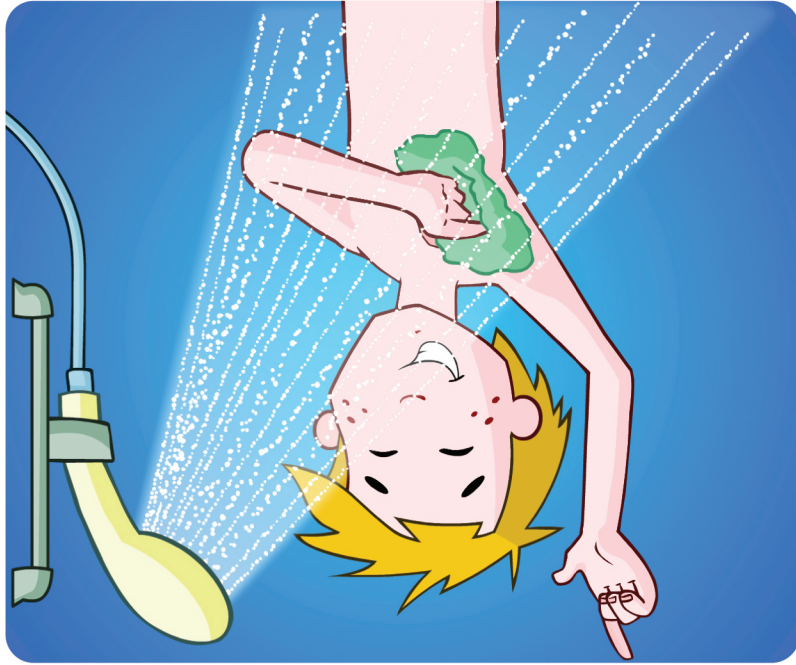
Hormonau yn dweud wrth y corff ei bod yn amser newid.

Hormones tells the body it's time to change.



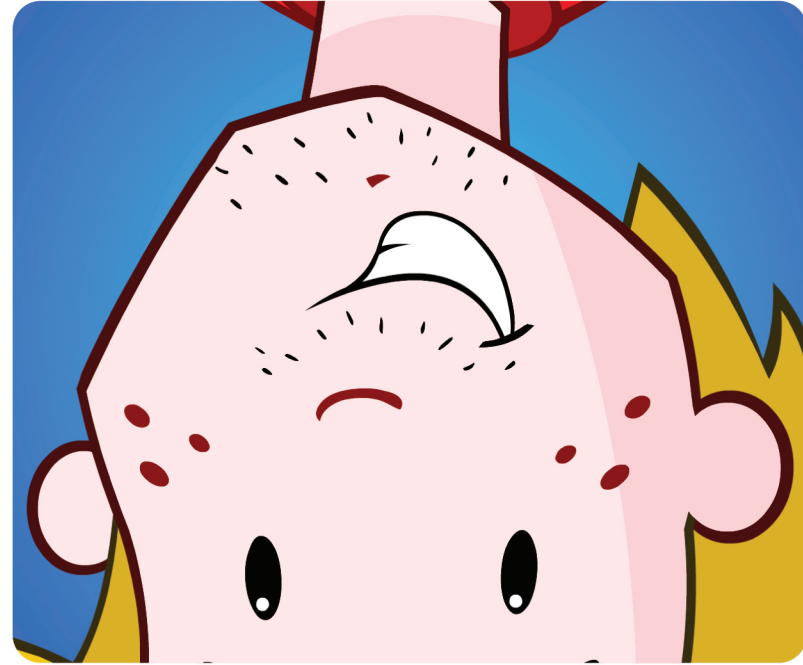
Hormonau yn dweud wrth y corff ei bod yn amser newid.

Hormones tells the body it's time to change.



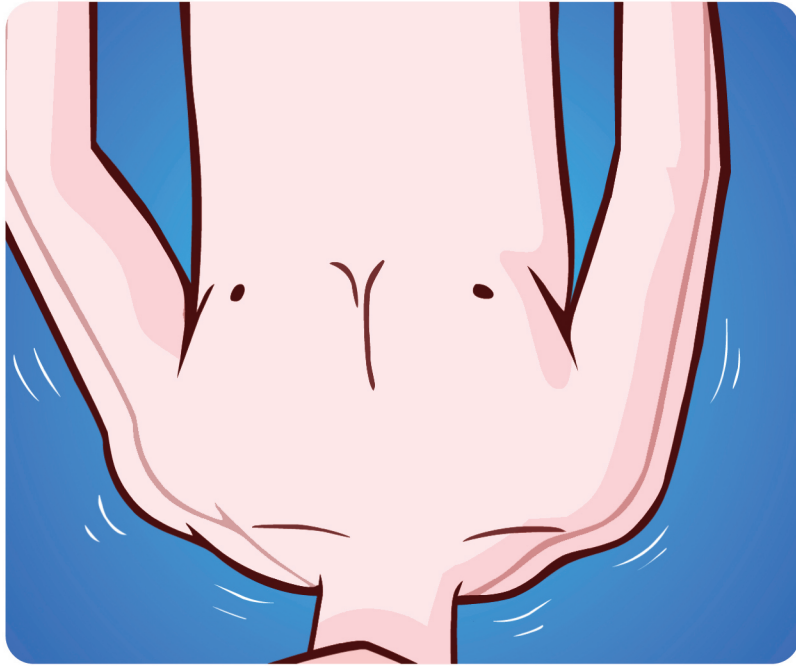
Y corff yn chwysu mwy.

The body sweats more.



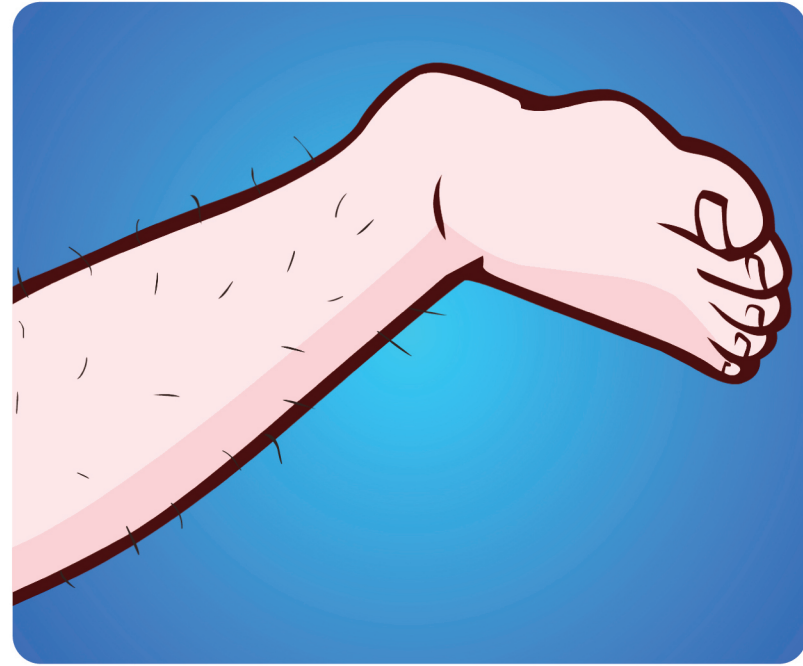
Blew yn tyfu ar y wyneb.

Hair grows on the face.



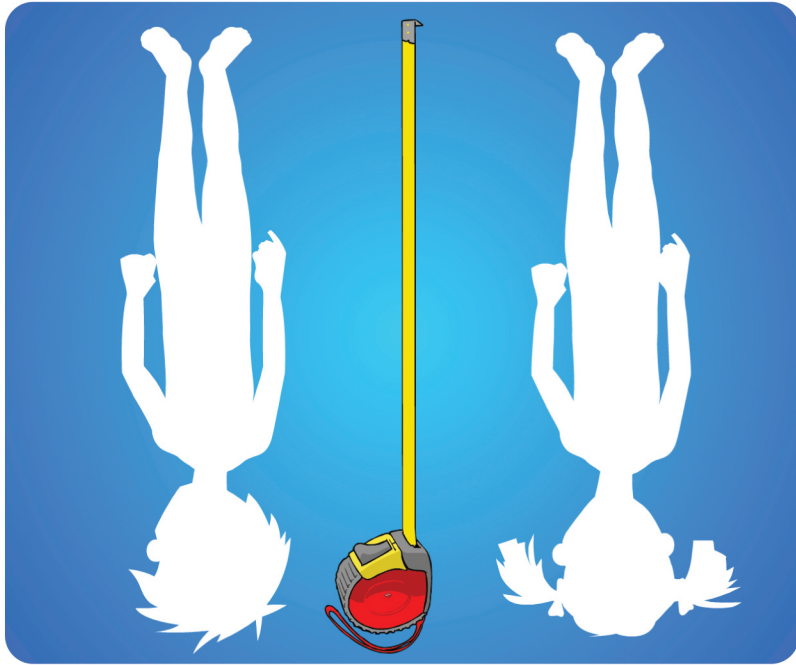
Ysgwyddau yn lledu.

Shoulders broaden.



Blew yn tyfu'n fwy trwchus
ar y breichiau a'r coesau.

Hair grows thicker on the
arms and legs.



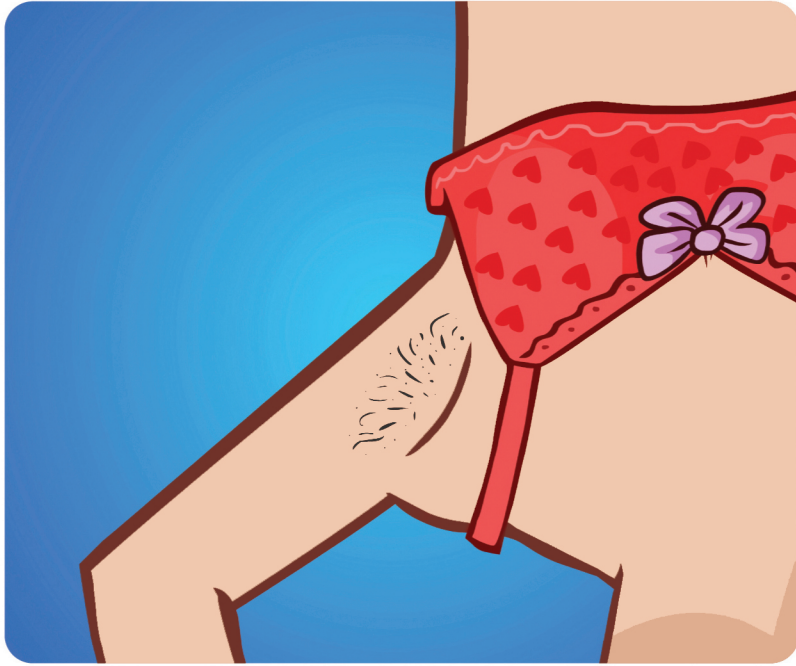
Mae'r corff yn tyfu'n dalach.

The body grows taller.



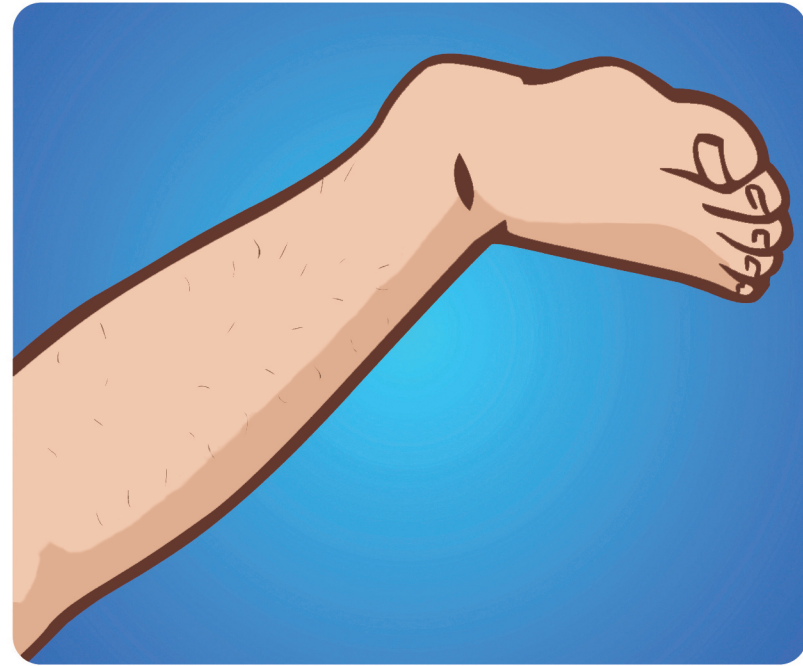
Teimladau cymysglyd.

Mixed feelings.



Blew yn tyfu ar y corff.

Hair grows on the body.



Blew yn tyfu'n fwy trwchus
ar y breichiau a'r coesau.

Hair grows thicker on the
arms and legs.



Y corff yn chwysu mwy.

The body sweats more.