

FEMALE STAGES OF DEVELOPMENT



Stage One:

- Up to ages 8 to 12
- Childhood stage; no visible signs of pubertal development



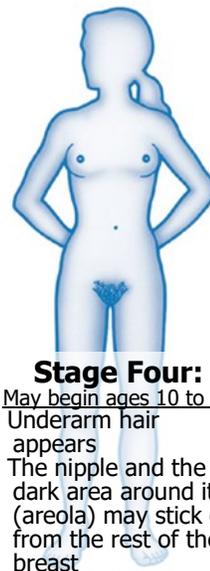
Stage Two:

- May begin ages 8 to 14
- Height and weight increase rapidly
 - Breast buds appear; nipples become raised and this area may be tender
 - Fine, straight hair starts growing close to the labia



Stage Three:

- May begin ages 9 to 15
- Height continues to increase
 - Breasts become rounder and fuller
 - Pubic hair becomes darker, thicker and curlier
 - Hips may start to widen in relation to waist, giving a softer, more rounded shape
 - Vagina begins secreting a clear, whitish fluid called vaginal discharge
 - For some girls, ovulation and menstruation begin late in this stage



Stage Four:

- May begin ages 10 to 16
- Underarm hair appears
 - The nipple and the dark area around it (areola) may stick out from the rest of the breast
 - Pubic hair starts to form a triangular patch in front and around sides of the genital area
 - For many girls, ovulation and menstruation begin during this stage



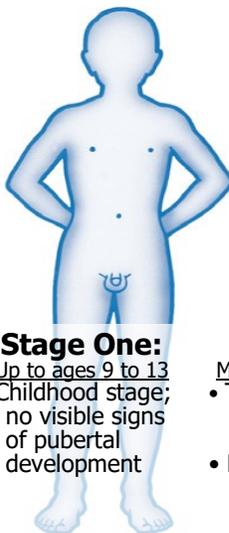
Stage Five:

- May begin ages 12 to 19
- Adult stage; overall look is that of a young woman
 - Areola rejoins breast contour and breast development is complete
 - Pubic hair forms a thick, curly, triangular patch
 - Adult height is probably reached
 - Ovulation and menstruation occur regularly

All children progress through the five stages of puberty - although the age at which they do so varies widely. Dr. James Tanner, a pioneer in the field of growth research, developed the five stages of puberty by describing the noticeable physical changes.

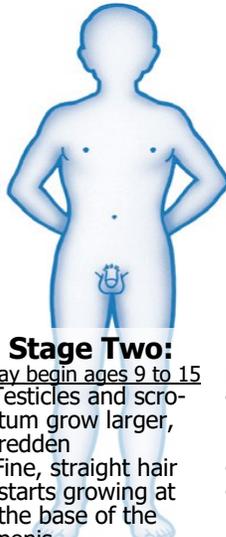
J.M. Tanner: *Growth of Adolescents*. Oxford: Blackwell Scientific Publications, 1962.

MALE STAGES OF DEVELOPMENT



Stage One:

- Up to ages 9 to 13
- Childhood stage; no visible signs of pubertal development



Stage Two:

- May begin ages 9 to 15
- Testicles and scrotum grow larger, redden
 - Fine, straight hair starts growing at the base of the penis



Stage Three:

- May begin ages 11 to 16
- Testicles and scrotum continue to grow
 - Penis grows larger
 - Pubic hair becomes darker, thicker and curlier
 - Vocal cords increase in size, causing voice to deepen
 - Height and weight may start to increase noticeably



Stage Four:

- May begin ages 12 to 17
- Growth spurt continues
 - Shoulders begin to broaden and physique becomes more muscular
 - Penis grows in width as well as length
 - Pubic hair coarsens and takes on a triangular shape
 - Underarm hair appears
 - Traces of hair may appear on upper lip and chin
 - Testicles start to produce sperm; ejaculation occurs for the first time



Stage Five:

- May begin ages 14 to 18
- Adult stage; overall look is that of a young man
 - Genitals and pubic hair have an adult appearance
 - Growth spurt slows down
 - Facial hair growth becomes heavier
 - Body hair growth, especially on the chest, may continue into the 20s

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