

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

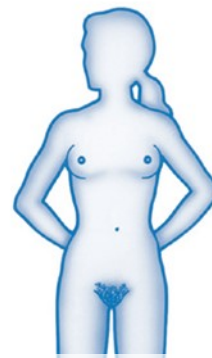
- Height and weight increase rapidly
- Breast buds appear; nipples become raised and this area may be tender
- Fine, straight hair starts growing close to the labia



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:

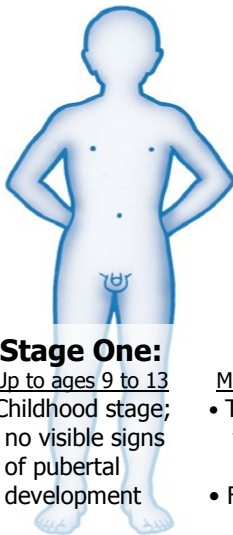
May begin ages 12 to 19

- 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.

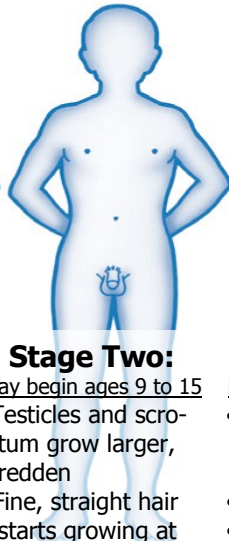
MALE STAGES OF DEVELOPMENT



Stage One:

Up to ages 9 to 13

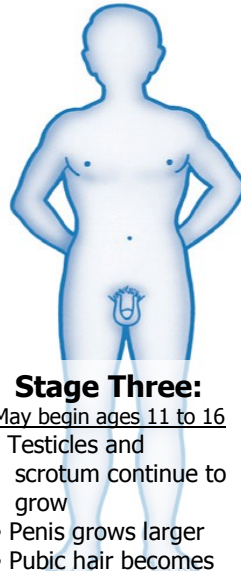
- Childhood stage; no visible signs of pubertal development



Stage Two:

May begin ages 9 to 15

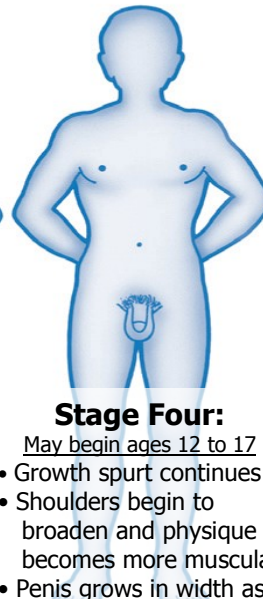
- Testicles and scrotum grow larger, redden
- Fine, straight hair starts growing at the base of the penis



Stage Three:

May begin ages 11 to 16

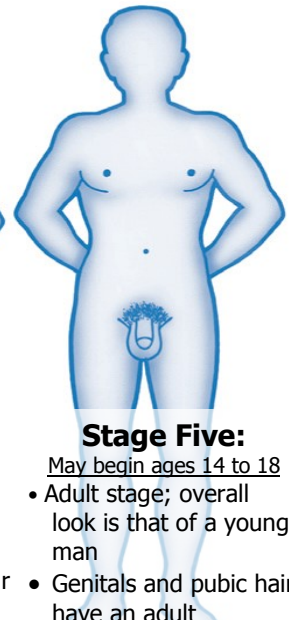
- Testicles and scrotum continue to grow
- Penis grows larger
- Pubic hair becomes darker, thicker and curlier
- Vocal cords increase in size, causing voice to deepen
- Height and weight may start to increase noticeably



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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