

## Appendix A

### Tanner Stages Diagram

#### Tanner Staging Ranges from 1 (Prepubertal) to 5 (Adult Development)[1]

Stages	Girls—Breast Development	Girls and Boys—Pubic hair	Boys—External Genitalia Development
<i>Tanner Stage 1</i>	<i>Prepubertal Only the papilla is elevated above the level of the chest wall</i>	<i>Prepubertal (velus hair similar to abdominal hair)</i>	<i>Prepubertal (velus hair similar to abdominal hair) Testes, scrotal sac, and penis have size similar to early childhood</i>
<i>Tanner Stage 2</i>	<i>Breast budding, elevation of breasts as small mounds, enlargement and widening of areolae. May be tender and not symmetrical bilaterally</i>	<i>Sparse growth of long, slightly pigmented, downy, straight or curled hair on labia majora or at the base of the penis</i>	<i>Enlargement of scrotum and testes; scrotum skin will thin and may be redder</i>
<i>Tanner Stage 3</i>	<i>Breast enlarges, elevating beyond the areolae</i>	<i>Pubic hair becomes curly, coarser, extends outward over junction of pubes</i>	<i>Penis lengthening, testicles continue to grow</i>
<i>Tanner Stage 4</i>	<i>Breast enlarges and areolae and papilla form secondary mounds</i>	<i>Hair adult in type, but covers smaller area, no spread to the medial surface of thighs</i>	<i>Penis and testicles grow, scrotum darker in color</i>
<i>Tanner Stage 5</i>	<i>Breast achieves adult contour</i>	<i>Hair adult in type and quantity extends onto medial thigh</i>	<i>Adult genitalia</i>

#### Changes in Girls and Boys at Various Stages of Sexual Maturation

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