

The Tanner stages were developed by Dr. J.M. Tanner and colleagues. Tanner stages describe the stages of pubertal growth and are numbered from stage 1 (immature) to stage 5 (mature) for both males and females. In girls and young women, the Tanner stages describe pubertal development based on breast size and the shape and distribution of pubic hair. In boys and young men, the Tanner stages describe pubertal development based on the size and shape of the penis and scrotum and the shape and distribution of pubic hair.

Data from Tanner JM: *Growth of adolescents*, Oxford, 1962, Blackwell Scientific Publications.

Box 15-2

Usual Sequence of Maturational Changes

Girls

Breast changes

Rapid increase in height and weight

Growth of pubic hair

Appearance of axillary hair

Menstruation (usually begins 2 years after first signs)

Abrupt deceleration of linear growth

Boys

Enlargement of testicles

Growth of pubic hair, axillary hair, hair on upper lip, hair on face and elsewhere on body (facial hair usually appears about 2 years after appearance of pubic hair)

Rapid increase in height

Changes in the larynx and consequently the voice (usually take place along with growth of penis)