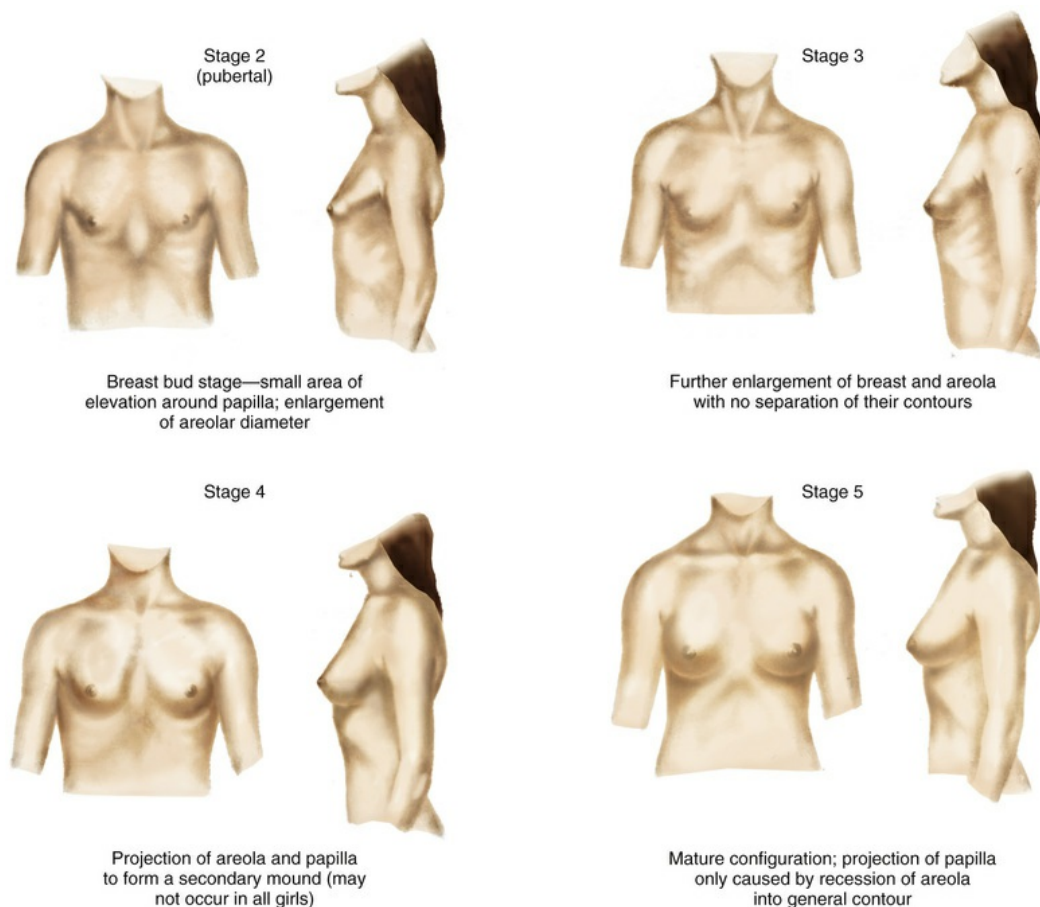


Nocturnal emissions

Abrupt deceleration of linear growth

## Sexual Maturation in Girls

In most girls, the initial indication of puberty is the appearance of breast buds, an event known as **thelarche**, which occurs between 8 and 13 years old (Fig. 15-1). This is followed in approximately 2 to 6 months by growth of pubic hair on the mons pubis, known as **adrenarche** (Fig. 15-2). In a minority of normally developing girls, however, pubic hair may precede breast development. The average age of thelarche for white girls is 9.7 years old, Hispanic girls is 9.3 years old, and African-American girls is 8.8 years old (Herman-Giddens, 2013).



**FIG 15-1** Development of breasts in girls. Stage 1 (prepubertal—elevation of papilla only) is not

shown. (Modified from Marshall WA, Tanner JM: Variations in pattern of