

# Physical Development Items

The next questions are about changes that may be happening to your body. These changes normally happen to different young people at different ages. Since they may have something to do with your sleep patterns, do your best to answer carefully. If you do not understand a question or do not know the answer, just mark "I don't know."

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1. Would you say your growth in height...

- ☐ Has not yet begun to spurt ("spurt" means more growth than usual)
- ☐ Has barely started
- ☐ Is definitely underway
- ☐ Seems completed
- ☐ I don't know

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2. And how about the growth of body hair ("body hair" means underarm and pubic hair)? Would you say that your body hair...

- ☐ Has not yet started growing
- ☐ Has barely started growing
- ☐ Is definitely underway
- ☐ Seems completed
- ☐ I don't know

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3. Have you noticed any skin changes, especially pimples?

- ☐ Not yet started showing changes
- ☐ Have barely started showing changes
- ☐ Skin changes are definitely underway
- ☐ Skin changes seem completed
- ☐ I don't know

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4. Have your breasts begun to grow?

- ☐ Not yet started growing
- ☐ Has barely started changing
- ☐ Breast growth is definitely underway
- ☐ Breast growth seems completed
- ☐ I don't know

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5. Have you begun to menstruate or get your period?

- ☐ No
- ☐ Yes

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6. How old were you when you first menstruated or got your period?

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(Years and Months)