

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 brain activity, do your best to answer carefully. To give you some privacy, we will let you read and answer the questions on your own. However, if you would like help reading or you don't understand the questions, just let me know and I can help you.

What do you consider yourself to be:

- ☐ Male
☐ Female
☐ Other

Would you say that your growth in height...

- ☐ Has not yet begun to spurt
☐ Has barely started
☐ Is definitely underway
☐ Seems complete
☐ I don't know

And how about the growth of your body hair? ("Body hair" means hair any place other than your head, such as under your arms.) Would you say that your body hair growth:

- ☐ Has not yet begun to grow
☐ Has barely started to grow
☐ Is definitely underway
☐ Seems complete
☐ I don't know

Have you noticed any skin changes, especially pimples?

- ☐ Skin has not yet started changing
☐ Skin has barely started changing
☐ Skin changes are definitely underway
☐ Skin changes seem complete
☐ I don't know

Have you noticed that your breasts have begun to grow?

- ☐ Have not yet started growing
☐ Have barely started growing
☐ Breast growth is definitely underway
☐ Breast growth seems complete
☐ I don't know

Have you begun to menstruate (started to have your period)?

- ☐ Yes
☐ No
☐ I don't know

How old were you when you started to menstruate? _____ (In years.)

Have you noticed a deepening of your voice?

- ☐ Voice has not yet started changing
- ☐ Voice has barely started changing
- ☐ Voice changes are definitely underway
- ☐ Voice changes seem complete
- ☐ I don't know

Have you begun to grow hair on your face?

- ☐ Facial hair has not yet started growing
- ☐ Facial hair has barely started growing
- ☐ Facial hair has definitely started
- ☐ Facial hair growth seems complete
- ☐ I don't know