**Physical Development Scale**

Child Gender: 1=Male 2=female

**Girls**

All girls change and develop physically, mentally, and emotionally in the process of “growing up.” During the teenage years, the growth and development of your body is an especially important part of this process of becoming a grown up. Since it is normal for different girls to go through these physical changes at different times, we are interested in learning about what changes are usually happening in girls when they are your age. We would like to ask you to help us get this information by answering some questions about how you are currently growing and developing.

When you are answering these questions, it is important to remember that no one will see your answers. The project staff will not be able to match the answers you put into the computer with your name. Therefore, please be as honest as possible since your honest answers will help us learn about girls your age.

**REMEMBER- ALL ANSWERS YOU GIVE WILL BE KEPT PRIVATE**

HOW TO ANSWER THE QUESTIONS

To answer each question, please select the number in front of the answer that best describes what is happening to you. Please choose only one answer for each question.

1. Would you say that your growth in height:

1= has not yet begun to spurt (“spurt” means more growth than usual)

2= has barely started

3= is definitely underway (happening)

4= seems completed

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

1= not yet started growing

2= has barely started growing

3= is definitely underway (happening)

4= seems completed

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

1= not yet started showing changes

2= barely started showing changes

3= skin changes are definitely underway (happening)

4= skin changes seem completed

4. Have your breasts begun to grow?

1= not yet started growing

2= barely started growing

3= breast growth is definitely underway (happening)

4= breast growth seems completed

5. Do you think your development is any earlier or later than most other girls your age?

1= much earlier

2= somewhat earlier

3= somewhat later

4= much later

6. Have you begun to menstruate (have your period)?

1=no

2=yes

7. How old were you when you first menstruated (had your period)?

(If you have not yet begun to menstruate enter 0)

(Go to page 37)

**Boys**

All boys change and develop physically, mentally, and emotionally in the process of “growing up.” During the teenage years, the growth and development of your body is an especially important part of this process of becoming a grown up. Since it is normal for different boys to go through these physical changes at different times, we are interested in learning about what changes are usually happening in boys when they are your age. We would like to ask you to help us get this information by answering some questions about how you are currently growing and developing.

When you are answering these questions, it is important to remember that no one will see your answers. The project staff will not be able to match the answers you put into the computer with your name. Therefore, please be as honest as possible since your honest answers will help us learn about boys your age.

**REMEMBER- ALL ANSWERS YOU GIVE WILL BE KEPT PRIVATE**

HOW TO ANSWER THE QUESTIONS

To answer each question, please select the number in front of the answer that best describes what is happening to you. Please choose only one answer for each question.

1. Would you say that your growth in height:

1= has not yet begun to spurt (“spurt” means more growth than usual)

2= has barely started

3= has definitely started

4= seems completed

1. And how about the growth of body hair (“body hair” means underarm and pubic hair)? Would you say that your body hair has:

1= not yet started growing

2= has barely started growing

3= is definitely underway (happening)

4= seems completed

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

1= not yet started showing changes

2= have barely started showing changes

3= skin changes are definitely underway (happening)

4= skin changes seem completed

1. Have you noticed a deepening of your voice?

1= not yet started changing

2= has barely started changing

3= voice change is definitely underway (happening)

4= voice change seems completed

1. Have you begun to grow hair on your face?

1= not yet started growing hair

2= has barely started growing hair

3= facial hair growth is definitely underway (happening)

4= facial hair growth seems completed

1. Do you think your development is any earlier or later than most other boys your age?

1= much earlier

2= somewhat earlier

3= somewhat later

4= much later