

Sexual Maturity Rating Scale

TANNER STAGE	FEMALE		BOTH	MALE	
	BREAST	OTHER	PUBIC HAIR	GENITALIA	OTHER
1	Elevation of papilla only	Adrenarche	No public hair	Childhood size	Adrenarche
2	Breast buds under the areola	Labia pigmentation	Sparse, long, straight	Enlargement of scrotum/testes	Decreases in body fat
3	Areolar diameter enlarges, no contour	Axillary hair, acne	Darker, curling, increased amount	Penis grows in length; testes enlarge	Gynecomastia, voice breaks
4	Secondary mound; separation of contours	Menarche and development of menses	Course, curly, adult type, does not extend to thighs	Penis grows in length/breadth, scrotum darkens	Axillary hair, voice change, acne
5	Mature female		Adult type, extends to thighs	Adult shape/size	Facial hair, muscle mass increases

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