

TANNER STAGES OF DEVELOPMENT

This scale is used to assess physical development in children and adolescents. It defines physical measurements of development based on external primary and secondary sex characteristics, such as the size of the breasts, genitalia, testicular volume and development of pubic and axillary hair. Scores are derived as an average of the stage of development across all sexual characteristics for both genders, ranging from 1 (lowest stage) to 5 (full maturation status).

Tanner, J. M. (1962). *Growth at Adolescence*, 2nd ed. Blackwell, Oxford.