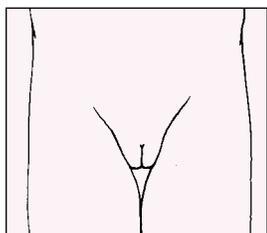


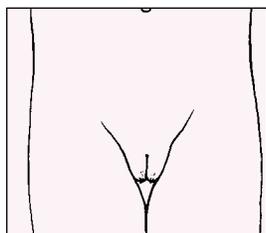


Tanner Staging

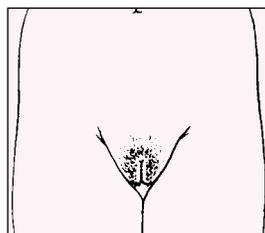
Staging Pubic Hair Development



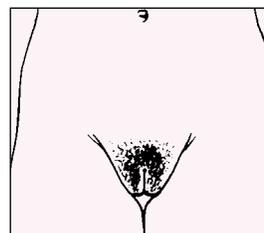
Pubic Hair Stage 1
Prepubertal. The vellus over the pubis is no further developed than that over the abdominal wall, ie, no pubic hair.



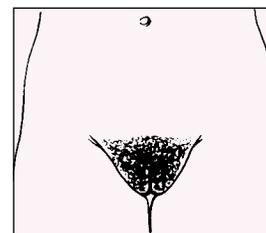
Pubic Hair Stage 2
Sparse growth of slightly pigmented, longer but still downy hair, straight or only slightly curled, appearing chiefly along the labia.



Pubic Hair Stage 3
The hair is considerably darker, coarser, and more curled. The hair spreads sparsely over the mons.

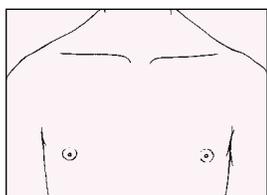


Pubic Hair Stage 4
The hair now resembles adult type. The area covered is still smaller than that in the adult, but the hair is beginning to spread across the mons. There is no hair spread to the medial thighs.

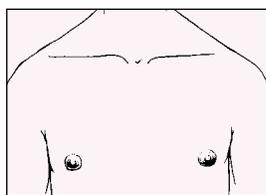


Pubic Hair Stage 5
The hair is adult in type and quantity; darker, coarse, and curled; and distributed in the classic female triangle. Some individuals may have hair spread to the medial thighs.

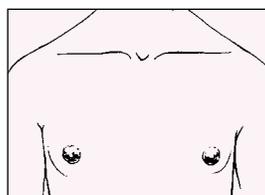
Staging Breast Development



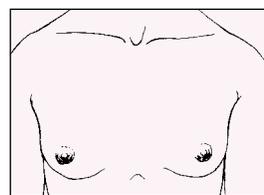
Breast Stage 1
There is no development. Only the papilla is elevated.



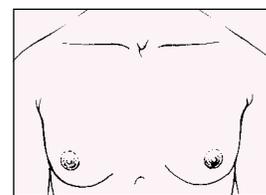
Breast Stage 2
The "breast bud" stage. The areola widens, darkens slightly, and elevates from the rest of the breast as a small mound. A bud of breast tissue is palpable below the nipple.



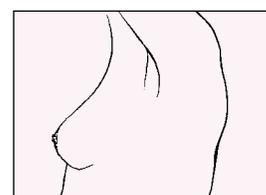
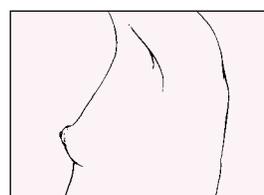
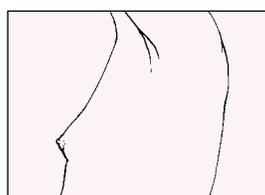
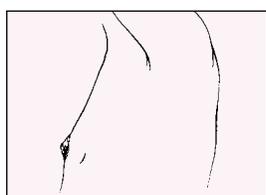
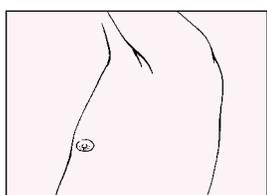
Breast Stage 3
The breast and areola further enlarge and present a rounded contour. There is no separation of contour between the nipple and areola and the rest of the breast. The breast tissue creates a small cone.



Breast Stage 4
The breast continues to expand. The papilla and areola project to form a secondary mound above the rest of the breast tissue.



Breast Stage 5
The mature adult stage. The secondary mound made by the areola and nipple, present in Stage 4, disappears. Only the papilla projects. The diameter of the breast tissue (as opposed to the height) has extended to cover most of the area between the sternum and lateral chest wall.



Determining the degree of development of pubic hair and the breasts in adolescents is an essential part of the physical examination. Accurate staging provides an important basis for the management of certain clinical problems that may arise throughout puberty. In addition, counseling regarding the expected timing and sequence of pubertal development depends on recording and understanding the stages of development. The above diagrams detail the various stages of secondary sexual development using the system described by Tanner.

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Characteristic Behaviors of Adolescents

As you talk with teen patients, consider the following characteristics of adolescents given their particular age.

	Early	Middle	Late-to-Adulthood
Characteristic	<ul style="list-style-type: none"> Transition to adolescence Characterized by puberty 	<ul style="list-style-type: none"> Essence of adolescence Strong peer group influence 	<ul style="list-style-type: none"> Transition to adulthood Take on adult role
Autonomy	<ul style="list-style-type: none"> Challenge authority and family Loneliness Wide mood swings Things of childhood rejected Argumentative and disobedient Desires more privacy 	<ul style="list-style-type: none"> Family conflicts predominately caused by ambivalence about emerging independence Increase in risky behavior 	<ul style="list-style-type: none"> Emancipation to vocational or technical school, college, work, adult lifestyle
Body Image	<ul style="list-style-type: none"> Preoccupation with physical changes and critical of appearance Anxieties about menstruation, masturbation, breast size, and puberty changes 	<ul style="list-style-type: none"> Less concern about body image, but increased interest in making it more attractive Excessive physical activity alternating with lethargy and need for increased amounts of sleep 	<ul style="list-style-type: none"> Usually comfortable with body image
Peer Group	<ul style="list-style-type: none"> Serves developmental purpose Intense friendships with same sex Contact with opposite sex in groups 	<ul style="list-style-type: none"> Strong peer allegiances—fad behavior Sexual drives emerge and begin to explore ability to attract a partner 	<ul style="list-style-type: none"> Decisions and values less influenced by peers Relate to individuals more than to peer group Selection of partner based on individual preference
Identity Development	<ul style="list-style-type: none"> “Am I Normal?” Daydreaming Vocational goals change frequently Begin to develop own value system Emerging sexual feelings and sexual exploration Imaginary audience Desire for more privacy Magnify own problems, “no one understands” 	<ul style="list-style-type: none"> Experimentation—sex, drugs, friends, jobs, and risk-taking behaviors More realistic vocational goals. Begin to realize strengths and limitations Increased intellectual ability and creativity 	<ul style="list-style-type: none"> Pursue realistic vocational goals with training or actual career employment Relate to family as an adult Realization of own limitations and mortality Establishment of sexual identity, sexual activity is more common Establishment of ethical and moral value system More capable of intimate, complex relationships Understand consequences of behavior May embrace family values
Cognitive Development	<ul style="list-style-type: none"> Concrete thinking Ability to make rational judgments 	<ul style="list-style-type: none"> Ability to think abstractly Ability to think about consequences of actions 	<ul style="list-style-type: none"> Abstract thinking more consolidated Capable of hypothetical and deductive reasoning

Adapted with permission from: Center for Continuing Education in Adolescent Health. Characteristic Behaviors of Adolescence. Cincinnati OH: Center for Continuing Education in Adolescent Health.