

TDQF

Because our research is about how children develop into teenagers and young adults, it is important for us to know where you are in terms of your physical development. You can complete this short questionnaire on your own.

If you have any questions, please feel free to ask.

Would you say that your growth in height:

- ☐ Has not yet begun to spurt ("spurt" means faster growth than usual)
 - ☐ Has barely started
 - ☐ Is definitely underway
 - ☐ Seems completed
 - ☐ 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 begun to menstruate (started to have your period)?

- ☐ Yes
 - ☐ No
-

If yes, how old were you when you started to menstruate?

- ☐ 8
 - ☐ 9
 - ☐ 10
 - ☐ 11
 - ☐ 12
 - ☐ 13
 - ☐ 14
 - ☐ 15
 - ☐ 16
 - ☐ Older than 16
-

What about the growth of body hair ("body hair" means hair any place other than the head, such as under the arms)?

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

Have you noticed that your breasts have begun to grow?

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

The following pictures show different stages of pubic hair growth. A girl goes through each of the five stages shown. Please look at each picture and read the sentence below it. Click on the picture that is closest to your stage. If you remove your body hair, please select the picture that would look most like you if you didn't.

- ☐ Picture 1
- ☐ Picture 2
- ☐ Picture 3
- ☐ Picture 4
- ☐ Picture 5

The following pictures show how the breasts grow. A girl can go through each of the five stages shown. Please look at each picture and read the sentence below it. Click on the picture that is closest to your stage.

- ☐ Picture 1
- ☐ Picture 2
- ☐ Picture 3
- ☐ Picture 4
- ☐ Picture 5