

Average age ranges of major pubertal changes in North American Girls

<u>Event</u>	<u>Average</u>	<u>Range</u>
Breasts begin to “bud”	10	6-13
Height spurt begins	10	8-13
Pubic hair appears	10.5	6-14
Peak strength spurt	11.6	9.5-14
Peak of height spurt	11.7	10-13-5
Menarche	12.8	10-16.5
Adult height reached	13	10-16

Average age ranges of major pubertal changes in North American Boys

<u>Event</u>	<u>Average</u>	<u>Range</u>
Testes begin to enlarge	11.5	9-13.5
Pubic hair appears	12	12-16
Penis begins to enlarge	12	11-14.5
Height spurt begins	12.5	10.5-16
Spermarche occurs	13	12-16
Peak of height spurt	14	12.5-15.5
Facial hair begins to grow	14	12.5-15.5
Voice begins to deepen	14	12.5-15.5
Peak of strength spurt	15.3	13.5-17.5
Adult height reached	15.5	13.5-17.5