

Sexual Maturity Ratings

Sexual maturity ratings (SMR) are widely used to assess adolescents' physical development during puberty in five stages (from preadolescent to adult). Also known as Tanner stages, SMR are a way of assessing the degree of maturation of secondary sexual characteristics. The developmental stages of the adolescent's sexual characteristics should be rated separately (ie., one stage for pubic hair and one for breasts in females, one stage for pubic hair and one for genitals in males), because these characteristics may differ in their degree of maturity.

SEXUAL MATURITY RATINGS FOR MALES

SMR	PUBIC HAIR
Stage 1	None.
Stage 2	Scanty, long, slightly pigmented, primarily at base of penis
Stage 3	Darker, coarser, starts to curl, small amount.
Stage 4	Coarse, curly; resembles adult type but covers smaller area.
Stage 5	Adult quantity and distribution, spread to medial surface of thighs.

SMR	GENITALIA	
	PENIS	TESTES
Stage 1	Preadolescent	Preadolescent
Stage 2	Slight enlargement	Slight enlargement of testes and scrotum; scrotal skin reddened, texture altered Further
Stage 3	Longer	enlargement of testes and scrotum
Stage 4	Larger in breadth with development of glans penis	Further enlargement of testes and scrotum
Stage 5	Adult	Adult

SEXUAL MATURITY RATINGS FOR FEMALES

SMR	PUBIC HAIR
Stage 1	None.
Stage 2	Sparse, slightly pigmented, straight, at medial border of labia.
Stage 3	Darker, beginning to curl, increased amount.
Stage 4	Coarse, curly; resembles adult type but covers smaller area.
Stage 5	Adult quantity and distribution, spread to medial surface of thighs.

SMR	BREAST
Stage 1	Preadolescent
Stage 2	Breast and papilla elevated as small mound; areolar diameter increased.
Stage 3	Breast and areola enlarged, no contour separation.
Stage 4	Areola and papilla form secondary mound.
Stage 5	Mature; nipple projects, areola part of general breast contour

References:

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