

PARENT/GUARDIAN STUDY ID \_\_\_\_\_

DAUGHTER STUDY ID \_\_\_\_\_

TODAY'S DATE \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
MONTH DAY YEAR

**The LEGACY Girls Study**

**Follow-up #2**

**Parent/Guardian Questionnaire**

**Daughter's Growth and Development Questionnaire**

**Self-administered**

- A. Growth & development**
- B. Comparative weight & height, body shape**

## SECTION A. GROWTH AND DEVELOPMENT

**During puberty, a girl's body begins to change, showing signs such as growth spurt, acne, breast development, and body hair.**

A1. How far along is your daughter in the pubertal growth spurt (in height)?

- Has not yet started the growth spurt → **please go to question A2**
- Barely started the growth spurt → **please go to question A1a**
- Definitely started the growth spurt → **please go to question A1a**
- Growth spurt completed → **please go to question A1a**
- Don't know



A1a. How old was your daughter when you first noticed her growth spurt?

\_\_\_\_\_ YEARS OLD

A2. How far along is your daughter in the growth of underarm hair?

- Has not yet started growth of underarm hair → **please go to question A3**
- Barely started growth of underarm hair → **please go to question A2a**
- Definitely started growth of underarm hair → **please go to question A2a**
- Growth of underarm hair completed → **please go to question A2a**
- Don't know



A2a. How old was your daughter when you first noticed her growth of underarm hair?

\_\_\_\_\_ YEARS OLD

A3. How far along is your daughter in the growth of pubic hair?

- Has not yet started pubic hair development → **please go to question A4**
- Barely started pubic hair development → **please go to question A3a**
- Definitely started pubic hair development → **please go to question A3a**
- Pubic hair development completed → **please go to question A3a**
- Don't know



A3a. How old was your daughter when you first noticed her pubic hair growth?

\_\_\_\_\_ YEARS OLD

A4. Have you noticed any skin changes, especially pimples?

- Has not yet started showing skin changes → **please go to question A5**
- Barely started showing skin changes → **please go to question A4a**
- Skin changes definitely underway → **please go to question A4a**
- Skin changes completed → **please go to question A4a**
- Don't know



A4a. How old was your daughter when you first noticed her skin changes?

\_\_\_\_\_ YEARS OLD

A5. Has your daughter started having her menstrual periods?

- No → **please go to question A6**
- Yes → **please go to question A5a**



A5a. How old was she when she had her first menstrual period?

\_\_\_\_\_ YEARS \_\_\_\_\_ MONTHS

A6. How far along is your daughter in the development of her breasts?

- Has not yet started breast development → **please go to question A7**
- Barely started breast development → **please go to question A6a**
- Breast development is definitely underway → **please go to question A6a**
- Breast development seems completed → **please go to question A6a**



A6a. How old was your daughter when you first noticed her breast development?

\_\_\_\_\_ YEARS OLD

A7. Compared with other girls her age, would you say that her breast development is:

- Much earlier
- Somewhat earlier
- About the same
- Somewhat later
- Much later

A8. Has she started to wear a bra?

- No → please go to question A9
- Yes → please go to question A8a



A8a. What size bra does she currently wear?

\_\_\_\_\_ (example: 32 A)

Sports/training bra

**Please go to the next page**

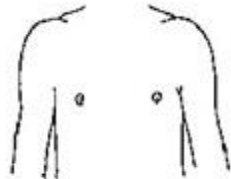
A9. The drawings below show five different stages of breast development. A girl can go through each of the five stages shown, although some girls skip some stages. Please look at each of the drawings and read the description. Which of these drawings looks most like your daughter's stage of development?

**(please check one answer)**

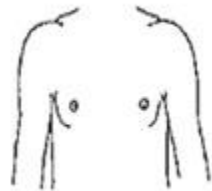
Stage 1  
 Stage 2

Stage 3  
 Stage 4

Stage 5  
 Don't know



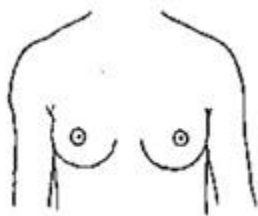
1 The nipple is raised a little in this stage. The rest of the breast is still flat.



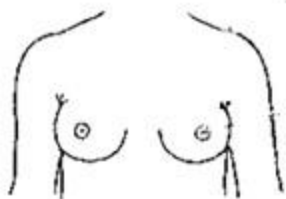
2 This is the breast bud stage. In this stage the nipple is raised more than in stage 1. The breast is a small mound. The dark area around the nipple (areola) is larger than in stage 1.



3 The areola and the breast are both larger than in stage 2. The areola does not stick out away from the breast.



4 The areola and the nipple make up a mound that sticks up above the shape of the breast. (Note: This stage may not happen at all for some teenagers. Some teenagers develop from stage 3 to stage 5 with no stage 4.)



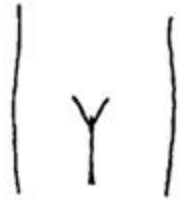
5 This is the mature adult stage. The breasts are fully developed. Only the nipple sticks out in this stage. The areola has moved back in the general shape of the breast.

A10. The drawings below show different amounts of female pubic hair. A girl can go through each of the five stages shown. Please look at each of the drawings and read the description. Which of these drawings looks most like your daughter's stage of pubic hair development? Note that the pubic hair stage may not be the same as the stage of breast development **(please check one answer)**

Stage 1  
 Stage 2

Stage 3  
 Stage 4

Stage 5  
 Don't know



1 There is no pubic hair.



2 There is a little long, lightly colored hair. This hair may be straight or a little curly.



3 The hair is darker in this stage. It is coarser and more curled. It has spread out and thinly covers a bigger area.



4 The hair is now as dark, curly, and coarse as that of an adult woman. However, the area that the hair covers is not as large as that of an adult woman. The hair has not spread out to the legs.



5 The hair is like that of an adult woman. It also covers the same area as that of an adult woman. The hair usually forms a triangular pattern as it spreads out to the legs.

## SECTION B. HEIGHT, WEIGHT AND BODY SHAPE

B1. Comparing your daughter's current height to the height of other girls her age, do you think she is:

- Much shorter
- Somewhat shorter
- About the same
- Somewhat taller
- Much taller

B2. Comparing your daughter's current weight to that of other girls her age and of the same height, do you think she is:

- Much heavier
- Somewhat heavier
- About the same
- Somewhat lighter
- Much lighter

B3. Of these 7 drawings, which do you feel best represents your daughter's current body size? **(Please check one answer)**



1



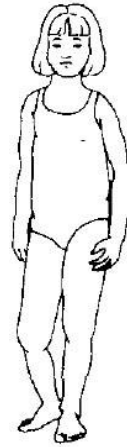
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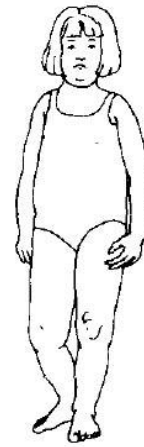
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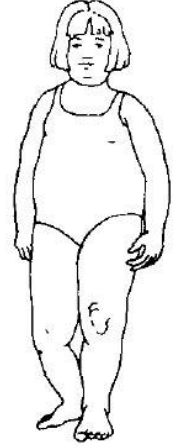
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**Thank you for your time and participation**