

# ***Attachment 12b***

## ***Pubertal Maturation Self-Assessment Informational Flyers***

## Pubertal Maturation Assessment Informational Flyers

**The MEC physician will provide the flyers below for information purposes if parents or children have questions. The physician will have copies of the drawings as well.**

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### **NHANES Body Development Questions for Parents**

During the private health interview in the NHANES mobile examination center your child will be asked about his or her body development.

The questions we ask in NHANES about body development help us to know if a child is in the early, middle or late stage of puberty – the time when children develop into adults. We know that children grow and develop at different ages. This is normal.

During the private interview, your child will be asked about his or her body development stages using a touch screen computer. No one else will be in the room. We use drawings that show the stages of body development during puberty. We ask girls to pick drawings of the pubic hair and breast development stages that look most like their bodies. Boys will be asked to pick drawings of the pubic hair and genital development stages that look most like their bodies. Girls will see only drawings of girls' development stages and boys will see only drawings of boys' development stages. The doctor in the mobile examination center has copies of the drawings we use in NHANES if you would like to see them.

Every year more than 1,000 children and teens participate in NHANES. Your child's answers will be combined with answers from other children. These answers will be used with other NHANES information such as height and weight, body fat, bone health, and results from blood tests to provide very important information about child growth and development in the United States. This information will help doctors and other health professionals to better deal with health problems that may affect children.

Participation in the interview is voluntary and the information your child provides will be kept private and will not be given to anyone.

Thank you for participating in NHANES!



## **NHANES Body Development Questions for Teens**

During the private health interview in the NHANES mobile examination center you will be asked about your body development.

The questions we ask in NHANES about body development help us to know when youth develop into adults. We know that everyone grows and develops at different ages. This is normal.

During the private interview, you will be asked about your body development stages using a touch screen computer. No one else will be in the room. We use drawings that show the stages of body development during puberty. We ask girls to pick drawings of the pubic hair and breast development stages that look most like their bodies. Boys will be asked to pick drawings of the pubic hair and genital development stages that look most like their bodies. Girls will see only drawings of girls' development stages and boys will see only drawings of boys' development stages. The doctor in the mobile examination center has copies of the drawings we use in NHANES if you would like to see them.

Every year more than 1,000 children and teens participate in NHANES. Your answers will be combined with answers from other teens. These answers will be used with other NHANES information such as height and weight, body fat, bone health, and results from blood tests to provide very important information about growth and development in the United States. This information will help doctors and other health professionals to better deal with health problems that may affect children and teens.

Participation in the interview is voluntary and the information you provide will be kept private and will not be given to anyone.

Thank you for participating in NHANES!