

DAUGHTER STUDY ID _____

TODAY'S DATE _____ / _____ / _____
 MONTH DAY YEAR

The LEGACY Girls Study

Follow-up #2

Daughter Questionnaire

Growth and Development

For girls ages 10 years and older

Self-administered

- A. Growing up and changing body**
- B. Your periods**
- C. Your height, weight and body shape**

GROWING UP AND CHANGING BODY

- **Girls' bodies grow and change a lot as they get older. We want to learn how girls grow up to become healthy young women.**
- **The questions below ask about how your body is changing. They might be a bit embarrassing, but the answers are important. An example of these sorts of questions is:**

Have you started your periods?

- **Please answer each question as well as you can. Complete and honest answers are important to help us learn.**
- **If you have trouble with any of the questions, please ask your parent/guardian or the interviewer to help you answer them.**

REMEMBER:

If there are certain questions that you don't want to answer, you don't have to. Just write on the question "I don't want to answer this." Then go to the next question...we will understand!

SECTION A. HOW YOUR BODY IS CHANGING AS YOU GROW UP

For each question, please put a check in the ONE box that applies most to you.

Puberty is when your body begins to change to look like an adult. Even before you get your first period, you grow taller, your breasts develop and body hair begins to grow under your arms and in your pubic area (between your legs).

A1. A growth spurt is when you grow taller faster than usual.

Would you say your growth spurt (in height) has started yet?

- No, growth spurt has not yet started
- Barely started growth spurt
- Definitely started growth spurt
- Completed growth spurt
- Don't know

A2. Would you say that growth of your underarm hair has started yet?

- No, growth of underarm hair has not yet started
- Barely started growth of underarm hair
- Definitely started growth of underarm hair
- Completed growth of underarm hair
- Don't know

A3. Would you say that growth of your pubic hair has started yet?

- No, growth of pubic hair has not yet started
- Barely started growth of pubic hair
- Definitely started growth of pubic hair
- Completed growth of pubic hair
- Don't know

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

- No, skin changes have not yet started
- Barely started showing skin changes
- Skin changes are definitely underway
- Completed skin changes
- Don't know

A5. How old were you when you first noticed any of these changes in growth spurt, growth of underarm hair, growth of pubic hair or skin changes like pimples?

_____ years and _____ months

I don't have any of these signs of puberty yet

A6. Have your breasts begun to grow?

- No, have not yet started breast growth → **please go to question A7**
- Barely started breast growth → **please go to question A6a**
- Breast growth is definitely underway → **please go to question A6a**
- Breast growth seems completed → **please go to question A6a**
- Don't know → **please go to question A7**



A6a. If your breasts have begun to grow, how old were you when you first noticed the development of your breasts?

_____ years old

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

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

A8. Have you started to wear a bra?

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



A8a. What size bra do you currently wear?

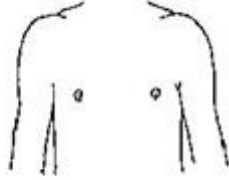
_____ (example: 32 A)

Sports/training bra

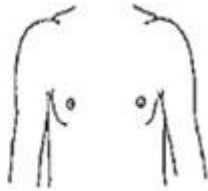
A9. The drawings below show five different stages of breast development. A girl can go through each of the five stages, although some girls skip some stages.

A. Look at each drawing and read the description.

B. Choose ONE drawing that looks most like you now, and circle the number (1-5)



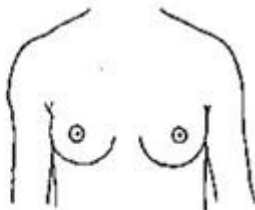
1 The nipple is raised a little in this stage. The rest of the breast is still flat.



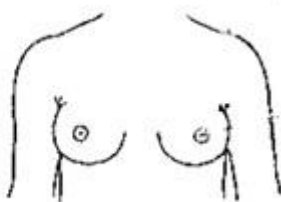
2 This is the breast bud stage. In this stage the nipple is raised more than in stage 1. The breast is a small mound. The dark area around the nipple (areola) is larger than in stage 1.



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.)

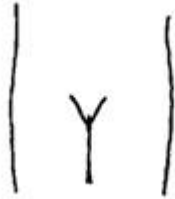


5 This is the mature adult stage. The breasts are fully developed. Only the nipple sticks out in this stage. The areola has moved back in the general shape of the breast.

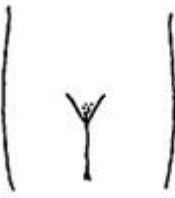
A10. The drawings below show different amounts of female pubic hair. A girl can go through each of the five stages shown.

A. Please look at each drawing and read the description.

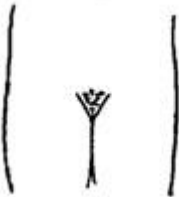
B. Choose ONE drawing that looks most like you now, and circle the number (1-5)



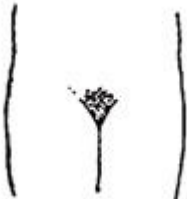
1 There is no pubic hair.



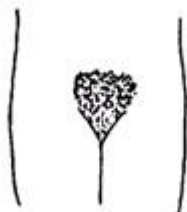
2 There is a little long, lightly colored hair. This hair may be straight or a little curly.



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. YOUR PERIODS

Please note that some of these questions you may have answered already, but we need to ask them the same way each time.

B1. Have you started having periods?

- No → **please go to question C1 on Page 9**
 Yes

B2. What time of the year did you have your *first* period?

- Spring
 Summer
 Fall
 Winter

B3. What grade were you in when you had your *first* period?

_____ grade

B4. How old were you when you had your *first* period?

I was _____ years _____ and months old.

B5. How sure are you about your answer to Question B4?

- Very sure
 Fairly sure
 Somewhat sure, somewhat unsure
 Fairly unsure
 Very unsure

B6. Are your cycles usually regular? Regular means you get your period about every 4 to 6 weeks.

- No → please go to question B7
- Yes → please go to question B6a



B6a. How old were you when your periods became regular?

_____ years and _____ months old

B7. Do you usually know when to expect your next period?

- No → please go to question B8
- Yes → please go to question B7a



B7a. How old were you when you were able to predict the start of your periods?

_____ years and _____ months old

B8. How long are your cycles usually (How much time between periods)?

- About 3 weeks
- About 4-6 weeks
- About 7-8 weeks
- About 9-12 weeks
- More than 12 weeks (>3 months)
- I don't have regular periods
- Don't know

SECTION C. YOUR HEIGHT, WEIGHT AND BODY SHAPE

The next questions are about your height, weight, and body shape.

C1. Comparing your current height to the height of other girls your own age, do you think you are:

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

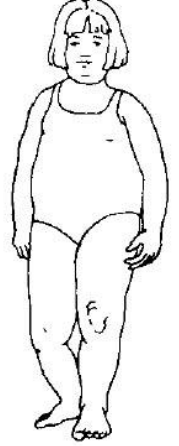
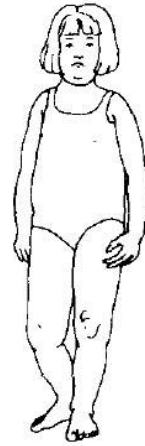
C2. Comparing your current weight or body size to other girls your own age, do you think you are:

- Much heavier/larger
- Somewhat heavier/larger
- About the same
- Somewhat lighter/smaller
- Much lighter/smaller

C3. What are you trying to do about your weight right now? Are you:

- Not trying to do anything about my weight
- Trying to gain weight
- Trying to stay the same weight
- Trying to lose weight

C4. Of these seven drawings, which do you feel best represents how your body looks now?
(please check one box)



1

2

3

4

5

6

7

**Thank you again for your time and help
with this research project**