

Age/Stage	Key Developments
8-9	<ul style="list-style-type: none"> <li>Onset of puberty in girls from age 8 onwards: development of breasts and pubic hair, skin changes, increase in body fat in advance of a growth spurt, darkening of genitals</li> <li>Average onset of shortsightedness in children (child myopia)</li> </ul>
9-10	<ul style="list-style-type: none"> <li>Increased changes within the brain (synaptic pruning and myelination), particularly regarding emotional regulation and reward processing</li> <li>Onset of puberty in boys: increased genital size, development of pubic hair, voice deepening, production of sperm begins, increased body odour, facial hair develops</li> </ul>
10-11	<ul style="list-style-type: none"> <li>Children's development rates vary more widely – girls are likely to experience a growth spurt around age 10</li> <li>Typical annual growth rates may increase to up to 9cm in height during puberty</li> <li>Increased risk of injury during puberty due to bones growing faster than muscles</li> </ul>

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11-12	<ul style="list-style-type: none"> <li>Average peak of growth rate in terms of height occurs 2 years following the onset of puberty in girls. (For boys this occurs between 12-15 years)</li> <li>Menstruation typically occurs 2-2.5 years after breast development begins. Almost 50% of girls in New Zealand are likely to have begun menstruation prior to beginning secondary school</li> <li>Girls grow up to another 5cm following the beginning of menstruation and are physically fully grown around 2 years later</li> <li>Loss of all primary teeth by the age of 12</li> <li>Hand-eye coordination nearly fully mature</li> <li>Diminished coordination due to bones growing faster than muscles</li> <li>Boys may begin a growth spurt following the onset of puberty</li> </ul>

These milestones have been identified through a range of sources which can be found in the bibliography.

