

# Signs of Central Precocious Puberty

Central precocious puberty (CPP) is the most common form of early puberty in children. CPP affects girls more often than boys. Overweight or obese kids of either sex are at higher risk for CPP too.

Signs of CPP typically appear before age 8 in girls and age 9 in boys. It's rare, but children as young as 3 can show signs of early puberty.

If you notice any of these signs in your young child, see your pediatrician to diagnose CPP or another cause for early puberty.

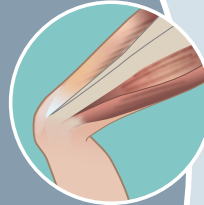
## CPP Signs in Females

- Breasts develop and grow before age 7 or 8
- Hair grows in armpits and pubic area
- First menstrual period begins before age 10
- Vaginal discharge or bleeding



## CPP Signs in Males

- Growth of testicles or penis
- Armpit, pubic, and facial hair growth
- Early muscle development
- Spur-of-the-moment erections or ejaculations
- Voice lowers, deepens, or changes



## CPP Signs Common in Any Sex

- Body odor that smells like an adult's
- Pubic or armpit hair
- Moodiness
- Acne breakouts
- Rapid growth spurt before classmates or other kids their age
- Aggressive behavior



Reviewed by Neha Pathak, MD on 1/30/2024

### SOURCES:

1. American Academy of Family Physicians: "Central precocious puberty."
2. Boston Children's Hospital: "Precocious (Early) Puberty Symptoms and Causes."
3. Mayo Clinic: "Precocious puberty."
4. National Organization for Rare Disorders: "Precocious Puberty."
5. Kids' Health from Nemours: "Precocious Puberty."
6. Nationwide Children's: "Precocious (Early) Puberty in Children."
7. Stanford Children's Health: "Precocious Puberty."