



# How tall will you be?

Here's a table of average heights for youth at different ages:

Average heights								
Age	2 years	6 years	8 years	10 years	12 years	14 years	16 years	18 years
height (cm)								
<b>Girls</b>	88	115	128	138	156	162	165	165
<b>Boys</b>	89	117	128	141	155	168	174	178

At two years of age, a child measures, on average, about half his or her final adult height.

**Example:** If you were 85 cm tall at age 2, you could be close to  $85 \times 2 = 170$  cm as an adult.

Fill in the predictions for the adult heights of these 2 year olds:

Name	Height at 2 years	Predicted adult height
Jake	91 cm.	
Jasmine	87 cm.	

Do you think you will grow to be above or below the average? Why?

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## What if you don't know your height when you were 2 years old?

You can try to predict your adult height, using the table below and your present height. The table below shows how close you are to your adult height at different ages.

Percentage of adult height at different ages												
Age now	7 years	8 years	9 years	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years
% of adult height												
<b>Girls</b>	74	78	81	84	90	94	97	98	99	100	100	100
<b>Boys</b>	69	72	75	79	82	87	90	94	97	98	99	100

### To calculate how tall you might end up, follow these steps:

1. Measure your height now, in cm. \_\_\_\_\_
2. Multiply this figure by 100. \_\_\_\_\_
3. Divide it by the number that is under the age of your nearest birthday. \_\_\_\_\_

Your predicted adult height: \_\_\_\_\_

**Example:** An 11-year-old boy measures **142 cm** tall.  
**Multiply by 100** to get 14,200.  
 Then, **divide by 82**, which gives **173.2 cm** as his predicted adult height.

**A word of warning:** Results can vary a great deal, and may not be accurate for everyone.

### Brainstorm with your group:

Think of reasons why this method may not be accurate for some children and list them here.

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