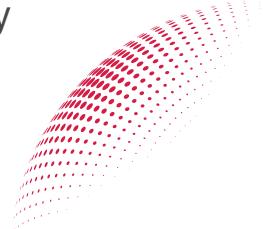




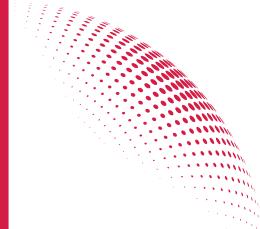
## PHYSICAL MILESTONES

- Most adolescents reach their final height; physical development generally stabilizes.
- Continued development of muscle strength and body composition.
- Enhanced motor skills and physical coordination.



## COGNITIVE MILESTONES

- Greater interest in exploring various subjects, ideas, and viewpoints; may engage in debates and discussions.
- Increased focus on academic and career goals, often leading to specific plans for post-secondary education or vocational paths.



## SOCIAL MILESTONES

- Friendships become more emotionally significant; romantic relationships often deepen in complexity and emotional intimacy.
- Increased awareness and involvement in social issues; may advocate for causes and participate in community activities..



## EMOTIONAL MILESTONES

- Enhanced resilience in facing challenges, setbacks, and changes.
- Further development of empathy and understanding of diverse perspectives; deeper emotional connections with others.

