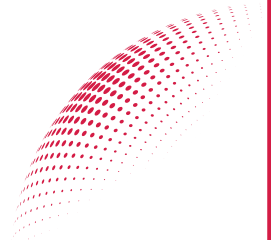


14TH YEAR MILESTONES



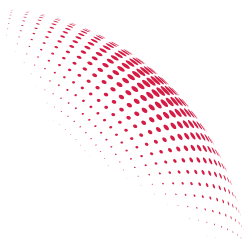
PHYSICAL MILESTONES

- Further development of secondary sexual characteristics, including changes in body shape, muscle mass, and skin (e.g., acne).
- Enhanced coordination and athletic skills; many adolescents begin to refine skills in specific sports or activities.



COGNITIVE MILESTONES

- Improved capacity for decision-making; adolescents begin to weigh consequences and consider future implications more effectively
- Increased ability to handle advanced academic material; better study habits and organizational skills



SOCIAL MILESTONES

- Exploration of romantic relationships and a deeper understanding of social dynamics.
- Enhanced ability to communicate and collaborate with others; improved negotiation and conflict-resolution skills.



EMOTIONAL MILESTONES

- Greater complexity in self-concept; adolescents may grapple with self-esteem issues and body image concerns.
- Improved ability to manage and express emotions; better coping strategies for stress and anxiety.

