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adolescence is the phase of life between childhood and adulthood from ages 10 to 19 it is a unique stage of human development and an important time for laying the foundations of good health adolescents experience rapid physical cognitive and psychosocial growth adolescence spanning the period from the onset of puberty to adulthood is a formative period where changes in cognition affect and interpersonal behavior occur alongside the most extensive biological transitions since infancy especially with respect to pubertal and brain development adolescence is the transitional stage from childhood to adulthood that occurs between ages 13 and 19 the physical and psychological changes that take place in adolescence is the period of transition between childhood and adulthood it includes some big changes to the body and to the way a young person relates to the world the many physical sexual cognitive social and emotional changes that happen during this time can bring anticipation and anxiety for 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