

# adolescence steinberg 13th edition

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## **Adolescent health - World Health Organization (WHO)**

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. This affects how they feel, think, make decisions, and interact with the world around them. Despite being thought of as a healthy ...

## **Adolescent health and development**

Adolescence is a period of life with specific health and developmental needs and rights. It is also a time to develop knowledge and skills, learn to manage emotions and relationships, and acquire attributes and abilities that will be important for enjoying the adolescent years and assuming adult roles.

## **Coming of age: adolescent health**

Adolescence is a highly formative time for future health. While many of the challenges that emerge at this age are rooted in experiences in the womb or in young childhood, effects of the neurobiological changes in the very early years can emerge in adolescence.

## **Mental health of adolescents**

Adolescence (10-19 years) is a unique and formative time. Multiple physical, emotional and social changes, including exposure to poverty, abuse, or violence, can make adolescents vulnerable to mental health problems. Promoting psychological well-being and protecting adolescents from adverse experiences and risk factors that may impact their potential to thrive are critical for their well-being ...

## **Adolescent and young adult health**

WHO fact sheet on adolescents health risks and solutions: includes key facts and provides a definition, information on specific health issues, WHO response.

## **Promoting adolescent well-being**

Adolescence is a time of rapid physical, cognitive, social and emotional development, and the experiences of those aged 10-19 years have profound impacts on their well-being both in the shorter and the longer term. Although well-being is a broad concept with different interpretations, WHO and the Partnership for Maternal, Newborn & Child Health (PMNCH), in collaboration with the United Nations ...

# **Santé mentale des adolescentes et des adolescents**

L'adolescence (entre 10 et 19 ans) est une période la vie unique et formatrice. Les multiples changements physiques, émotionnels et sociaux, y compris l'exposition à la pauvreté, à la maltraitance ou à la violence, peuvent rendre les adolescents vulnérables aux problèmes de santé mentale.

## **Six actions to improve adolescent health**

Adolescence is a period of physical, emotional and social development and opportunities. It can be a time of challenges, with major physical, emotional and social changes fuelling specific health risks and needs, including for their sexual and reproductive health and rights. Much more is understood today about adolescent health thanks to research.

## **Santé des adolescents**

Il y a près de 1,2 milliard d'adolescents (10-19 ans) dans le monde. Dans certains pays, les adolescents ne font qu'un quart de la population et le nombre d'adolescents devrait augmenter jusqu'en 2050, en particulier dans les pays à revenu faible ou intermédiaire (PMA) où vivent près de 90 % des jeunes de 10 à 19 ans.

## **WHO releases updated guidance on adolescent health and well-being**

The guidance also makes the case for investment in adolescent health and wellbeing. An investment of US\$ 1 in adolescent well-being brings a return of US\$ 5-10, sometimes more, and putting resources into preventing NCDs during adolescence would yield US\$ 400 billion in economic benefits over 50 years globally.