

Adolescence

I can understand a text about how teenagers can get on better with their parents.

- 1 **SPEAKING** Do you sometimes argue with your parents? What do you argue about, and why? Use the ideas below to help you.

bedtime
clothes
going out with friends
homework
housework
staying up late
using computers or tablets

- 2 Read the text quickly, ignoring the gaps. Choose the best summary of the text: a, b or c.

- a Parents may find it difficult to understand their adolescent children, but it is a parent's duty to communicate properly with them and avoid arguments.
b Although teenagers develop new ideas, values and beliefs during adolescence, that is no excuse for bad behaviour. They should listen to their parents.
c Teenagers experience big physical and emotional changes during adolescence. It's important to communicate with your parents and try to understand their point of view.



HOW TO HANDLE your parents

1.15

Parents get a lot of advice on how to handle their adolescent children, but what about some advice for teenagers on how to deal with their parents?

- 5 Psychologist Raymond Freedman offers some tips ...

What is adolescence? It starts when you are aged between about ten and thirteen and is a period of rapid **physical change**

- 10 which transforms you from a pre-teen child, dependent on your parents, to the independent young adult that you become in your early twenties.¹ Here are some of the most common social and **emotional changes**
15 that happen during adolescence.

FREEDOM You may not want to spend as much time with your parents as you used to. You want more freedom to choose who you see and when. You may feel that your friends are as important to you as your family.

PRIVACY You used to be most happy **in the company of** your
20 parents.² You need your own space and some **privacy**.

INTERESTS You have new interests and they might include activities that your parents do not understand or think are a waste of time, such as playing computer games or chatting on the internet.

DECISIONS In the past, your parents **made** most **decisions** for you
25 and told you what to do.³ You may resent them **telling you** to go to bed, tidy your bedroom, or come home by ten o'clock.

OPINIONS When you were younger, you didn't have many strong
opinions.⁴ Adolescents are often **idealistic** and feel impatient and at
30 odds with the adult world. You may feel that you have all the answers, while many adults don't have any!

Reading Strategy

Read the missing sentences carefully. Then read the sentences in the text that come before and after each gap. Look for words that link with vocabulary in the missing sentences (e.g. synonyms, paraphrases, words with the opposite meaning, pronouns).

- 3 Read the **Reading Strategy**. Then read the sentences below and the highlighted words in the text. Say which sentence links to which highlighted word and underline the part of the sentence which helped you to decide.

- A They may not say so, but they are probably feeling a sense of loss and may even feel rejected by you.
 B Your parents will expect you to behave responsibly.
 C But now you want to decide things for yourself and don't want to be told what to do all the time.
 D As your body changes, you also begin to think and feel differently.
 E Despite this, you should always listen carefully.
 F Now you are beginning to see the world differently, developing your own views and your own sense of right and wrong.
 G Now you probably want to spend more time on your own.

- 4 Use your answers to exercise 3 to match sentences A–G with gaps 1–5 in the text. There are two extra sentences.

- 5 **VOCABULARY** Complete the stems to make a noun and an adjective. Use a dictionary to help you. Either the noun or the adjective is in the text. (Sometimes you do not need to add anything.)

1 adolescence, adolescent

Noun and adjective endings

- | | | |
|----------------|----------------|------------------|
| 1 adolesc_____ | 5 priv_____ | 9 safe_____ |
| 2 depend_____ | 6 ideal_____ | 10 irritat_____ |
| 3 free_____ | 7 impati_____ | 11 critic_____ |
| 4 emot_____ | 8 concern_____ | 12 distrust_____ |

- 6 **SPEAKING** Work in pairs or small groups. Discuss points 1 and 2. Use the phrases below to help you.

- Look at the five social and emotional changes that the writer describes in the text (freedom, privacy, interests, decisions and opinions). Discuss them one by one. Which ones affect teenagers most, do you think? Give examples.
- Look at the advice offered by the writer in the last but one paragraph. Is it good advice on the whole, do you think? Which is the best piece of advice? Give reasons.

Presenting your ideas

I agree that ... I don't agree that ...
 It's (not) true to say that ... In my experience, ...
 Personally, I believe that ... I'm not sure about that.
 For example, ... For instance, ...

- 7 **SPEAKING** Share your ideas and opinions from exercise 6 with the class.

All these changes are perfectly normal, but it is important to remember that they will affect your relationship with your parents and that they may be a source of conflict and arguments. So what can you do to make life easier and make sure that you stay on good terms with your parents?

Firstly, your parents will feel much better if you let them know that you still love and value them. Remember that **they have lost** forever the little child you once were. 5 _____

- 40 Secondly, try to agree rules and boundaries. You may feel these are unnecessary, but your parents' main concern is often just to keep you safe. Once you have agreed what is and isn't acceptable behaviour, try to stick to it. It may feel like a nuisance to remember to phone them and let
 45 them know where you are, but make the effort anyway.
 Thirdly, try to understand why they might be irritated by your behaviour. Do your parents get cross if you spend three hours chatting with friends on social media and leave your homework till the last minute? That's probably
 50 because they want you to do well at school.

Finally, it's all about communication! Keep talking to your parents, tell them about what you did today, let them know where you are going, and ask for advice if you need it. The more disconnected they feel, the more
 55 critical, distrustful and controlling they tend to become. Who wants parents like that?

