

1. Complete the paragraph with the words in the box. There is one word that you don't need.

independence self-aware informed reasoning skills
delighted shape and height embarrassed

Adolescence is the period between childhood and young adulthood. Your body will change in (1) _____. Your brain will grow and you'll have improved self-control and (2) _____. Physical changes are different for everyone, so you don't need to feel (3) _____ or frustrated!

You'll experience emotional changes as well. You'll feel you want more (4) _____ and responsibility. You may become more (5) _____ and care about other people's opinions, especially those of your friends. But remember you'll need adult support and guidance to make (6) _____ decisions and overcome stress.