

TEENAGE STRESS

Teenage stress is increasing. A recent report says that teenagers today have a harder time than their parents did. Children have to grow up faster these days and the pressure is enormous. Teen-parent relationships, friendship problems, school grades, exams, girlfriends and boyfriends can all contribute to teenage stress.



Last week, Gavin (15) was at the doctor's. 'I feel very tired. I've joined the rugby team and I've taken up a part-time job in a shop. I have to train four times a week and work four hours every Saturday. This week I have to take two exams. I sleep 6 hours a night. I've got a terrible headache and a skin rash,' he told the doctor. The doctor said, 'It's stress. You're doing too much. You have to take it easy and get more sleep.'

'If teens don't get enough sleep, they suffer from stress,' says sleep expert, Dr Morris. Teenagers have to sleep between 8 and 9 hours each night, but for more hormonal reasons sleep habits change during adolescence and most teens find it very difficult to go to sleep early. They prefer to go to bed late and sleep later in the morning. Many secondary schools start at 7.45 or 8.00 but in Dr Morris' opinion, the school day shouldn't start before 9.30. Studies found that if teens start the school day later, they get better grades.

Parents can also contribute to the problem of stress. If they push their children to be perfect, they put a lot of pressure on them.

But if parents don't tell their children to do their work, they don't always do it. So, what is the ideal situation? A responsible teenager and an understanding parent! This way, when your parents see you sitting on the steps, staring into space, watching a TV series or just doing nothing, they will leave you alone. They will know you are taking a little time out of your busy stressful life!

Top ten causes of stress for teenagers

1. A bad relationship with a teacher or parent.
2. A fight with a friend, brother or sister.
3. The birth of a new brother or sister.
4. Little or no privacy.
5. Little or no money.
6. Tests at school.
7. Changing schools.
8. Worries about someone's opinion of you.
9. When parents don't get on well.
10. When parents start a new relationship.

What do you think?

Obligation and prohibition - must / have to

I'm very tired. I **must** get more sleep.
It's late. She **has to** go now.
I've just sent him an email. You **don't have to** phone him.
He's got a temperature. You **mustn't** wake him up.

1 Choose the correct option.

1. I feel tired. I *have to* / *don't have to* to rest.
2. He's very angry. I think he *has to* / *doesn't have to* to calm down.
3. She feels down. We *have to* / *don't have to* to cheer her up.
4. It's a surprise. You *mustn't* / *don't have to* to say anything.
5. The last exercise is not important. We *have to* / *don't have to* to do it.
6. I've got some money. You *mustn't* / *don't have to* to bring some.
7. It's late. We *must* / *mustn't* to hurry.
8. I've got a cold. The doctor says I *mustn't* / *don't have to* to go out.



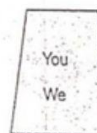
2 Complete the dialogue with these verbs.

- have to
- mustn't
- has to
- don't have to
- mustn't
- doesn't have to

1. A: The dentist says I *mustn't* eat so many sweets. I *mustn't* stop completely, but I *mustn't* limit them.
B: I think your dentist is right. You eat too many sweets!
2. A: Is your brother training for the marathon?
B: Yes. He *has to* run every day. He *has to* run a long way but he *mustn't* miss a day.

3 Make sentences about healthy living.

Example: You *must* do some exercise but you *don't have to* run 10 km a day.



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|----------------|--------------------------|
| have to / must | do some exercise |
| mustn't | be obsessive |
| don't have to | smoke |
| | eat fruit and vegetables |
| | run 10 kilometres a day |
| | get enough sleep |
| | eat too much fried food |
| | be a supermodel |
| | eat spinach |