

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

Adolescence is a difficult time for both parents and teenagers as it is a period of physical, social and emotional changes. Physically, as a dependent pre-teen child, you are being transformed into an independent young adult. 1 _____

First, you want more freedom to choose who to see and when. You used to be most happy in the company of your parents. Now you want to spend some more time on your own. Second, your parents made most decisions before adolescence. But now you want to decide things for yourselves. 2 _____. Above all, adolescents have

strong opinions and are idealistic. 3 _____ . You feel you have all the answers while adults don't.

All these perfectly normal changes will affect teenagers' relationship with parents. So what can you, as adolescents, do to stay on good terms with your parents? 4 _____. Secondly, try to agree rules and boundaries and prove to be dependable. Keep your words and stick to rules.

Thirdly, try to understand why they might be irritated by your behaviour. Show your parents that you are capable of an independent life by taking care of your own school work and maintaining a healthy lifestyle. Finally, it's all about communication! 5 _____. The more disconnected they feel, the more critical, distrustful and controlling they tend to become.