Teen Years: Truth Telling and Myth Busting

Fill in the gaps with the words from the box:

hampers	nagging	prone	deaf ears	perplexed	shut down

The teen brain shuts down when parents nag. - True

Do you feel **1)**_____ why all your lectures **fall on 2)**_____? In a new study, researchers at the Universities of Pittsburgh, California-Berkeley, and Harvard placed 32 teens and tweens in a brain scanner while listening to recordings of their mother **3)**_____ them. Results reveal that certain key areas of the teen brain **4)**_____ when listening to criticism, and that **5)**_____ their ability to process what you're telling them.

Most teenagers are early birds than night owls by their nature. - False

One more fact is that it is not always the teenager's fault when he/she falls asleep late at night or wakes up late. The feeling of sleepiness is caused by a chemical called melatonin |ˌmelə'təʊnɪn|, which the brain releases to make a person sleepy. In teenagers' case, this chemical is released late at night and due to that may affect wake up timings. According to many pieces of research, a teenager requires as much sleep as a small kid. Around 9-10 hours of sleep is told to be adequate for teenagers.

Teenagers are less prone to addictions than adults. – False

Dopamine|'dəʊpəmi:n|, also called the feel-good hormone, is typically lower in teenagers. However, when they achieve a goal or get something they want, its levels surge far beyond adult norms. This thing is excellent, but one risk associated with this is that when they find something that shakes the hell out of themselves and makes them high, such as weed or addictive drugs, they **are 6)**_____ **to** become more addictive for the experience leads to severe addiction in the future.

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