



EJE:

-Valorar la afectividad.

What is a support system?
A support system is a group
of people who help you feel
safe, understood, and
supported.

1

Reading:

a. Read the text and answer the questions.

Everyone Needs Support

Everyone needs support in life, especially during the teenage years. Being a teenager can be exciting, but it can also be difficult. You may feel stress at school, problems with friends, or changes in your emotions. That is why it is very important to have a support system.

A support system is a group of people who help you when you need it. These people can be your family, your friends, your teachers, or any trusted adult. They listen to you, give advice, and help you feel safe and understood.

Family members are often the first people we turn to. They usually know us well and want the best for us. Friends are also very important because they share experiences with us and can understand how we feel. Sometimes, a teacher or another adult can help us see things in a different way and give us good advice.

It is important to remember that asking for help is not a sign of weakness. In fact, it is a strong and positive action. Talking about your feelings can make you feel better and help you solve problems.

If you feel that you don't have a strong support system, you can start building one. Try to talk to people you trust, join school activities, or connect with classmates. Little by little, you can create relationships based on trust and respect.

In conclusion, no one should feel alone. Having people who support you can make a big difference in your life. Remember: you are not alone, and there is always someone who can help.

1. Why is it important to have a support system?

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2. Who can be part of a support system?

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3. Why are friends important during teenage years?

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4. Is asking for help a weakness or a strength? Why?

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5. What can you do if you don't have a support system?

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2

Listening: (ver pag 74)

a. Listen to Gustavo talking about his support system. Who does he mention? Tick the correct option.

☐ Dad☐ Classmates☐ Brothers☐ Grandparents☐ Friends☐ Teachers

3

Writing:

a. Write short sentences about "People who support me"

Students write:

- Who supports them
- How they help
- Why they are important