Adolescents – Short Summary

Adolescence is a period of life when young people change physically and emotionally. They want more freedom, privacy and independence from their parents. They develop new interests and opinions, which can sometimes cause conflicts with their families.

However, teenagers can have a good relationship with their parents if they communicate openly. They should respect family rules, try to understand their parents and let them know where they are going. It is also important to show their parents that they still love and value them.

Good communication and mutual understanding can make family life easier.

LIVEWORKSHEETS