Sometimes, parents hurt their teenage children's feelings by making jokes about their appearance. They also tend to pay little attention to teenage worries and think of them as being silly. Your daughter may be convinced that her nose looks awful and that plastic surgery is the only solution, even though everybody else fails to notice the problem. By trying to explain that other people do not normally pay as much attention to our physical features as we do ourselves, we can help teenagers feel better about themselves and become more confident.

Teenagers also tend to avoid doing things they don't like, especially helping around the house. They are likely to try to get out of doing housework – and certainly don't respond well to orders. The more you discuss the type of housework your teenage son or daughter might not mind doing, the better. He or she, for example, may be happy to go to the supermarket, but hate the idea of doing the washing-up.

It also works better if your children can, at least to some degree, do things in their own way and time. This might seem annoying, but if all you do is order them around, you can be sure that next time they will not do a thing.

Always thank your children for their effort; and if they do something that's more than just a simple job, such as decorating, you might want to pay them.



1. What does the text say about teenagers?
   A. They are very self-confident.
   B. They pay little attention to how they look.
   C. They are happy about the changes they are experiencing.
   D. They are aware of the physical changes they are going through.
2. What does the writer advise parents to do?
   A. support their children if they decide to have plastic surgery
   B. give them tips on how to improve their appearance
   C. ignore their concerns
   D. tell them that they actually look better than they think they do
3. When it comes to housework, what do most teenagers do?
   A. They help a lot with it.
   B. They usually prefer going to the supermarket.
   C. They expect something in return for helping around the house.
   D. They find ways not to take part in it.
4. How can parents make their teenage children help around the house?
   A. by giving them specific instructions about their duties
   B. by making them feel responsible for their actions
   C. by telling them that they have to become involved
   D. by discussing with them what type of housework they prefer doing
5. Which of the following is **NOT** good advice to parents?
   A. They should thank their children for their effort.
   B. They should give their children some money for any job they do.
   C. They should let their children do some things the way they want to.
   D. They should be willing to take their children's preferences into account.



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