self-conscious	adolescence
acne	stressful
independent	hormones
conflict	spurt

2 **Read the text on page 18 of your Coursebook again. Fill in each of the gaps in the summary below with ONE word from the text.**

The period between childhood and adulthood is called **(1)** _____. The teenage years can be **(2)** _____ and confusing for young people as they change from children to adults.

During this period, changes in chemical substances called **(3)** _____ cause changes to the body. One change is a growth **(4)** _____ which usually occurs later in boys than in girls.

Teenagers often believe that they are more important than they are. They become very **(5)** _____ about their appearance. For example, they get easily embarrassed by ugly red spots on the face known as **(6)** _____.

Although many teenagers want to be **(7)** _____, the truth is that they still need their families. But there will be **(8)** _____ within a family if a teenager seems to value his friends' opinions and ideas more highly than his family's.