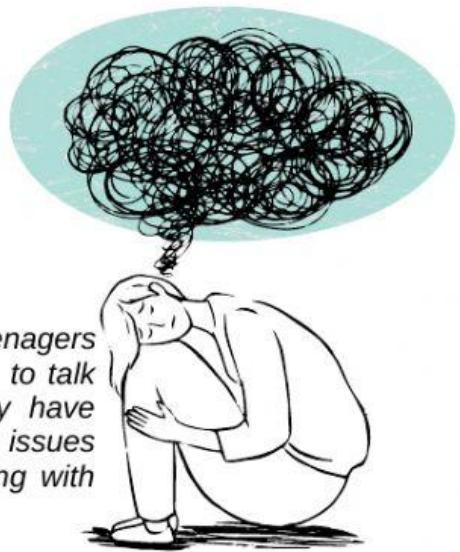


Reading

That hurts...



Read the text and match 1-6 to (A-H). There are 2 extra variants you don't need to use.

As a teacher and a tutor, I've heard my fair share of stories from teenagers who are struggling with a wide range of issues. While some are able to talk openly with their parents or supportive adults, many feel like they have nowhere to turn and suffer in silence. In this text, I will explore common issues that teens often struggle with but may not feel comfortable discussing with their parents, and offer some advice.

1. Peer Pressure

Your friends convince you to audition for the school play, even though you're nervous about performing in front of others. You end up landing a lead role and gain confidence in your abilities. Your other friends make you try drugs, even though you know it's not safe. You feel like you should go along, but end up putting yourself at risk. Both are examples of peer pressure, but boy are they different! As young people, we develop our own sense of identity and may be more influenced by the opinions and values of others. Social relationships are incredibly important during our teenage years, and we want to be accepted and included. There are strategies you can use to overcome peer pressure. One is to develop a strong sense of self and a clear understanding of your own values and beliefs. When you know who you are and what you stand for, you will be better able to resist negative peer pressure. Another strategy is to seek out supportive friends who share your values and interests, and who will encourage you to make positive choices. Remember, it's okay to say "no" if you don't feel comfortable with something, and there is strength in standing up for yourself and your beliefs.

2. Identity exploration

Identity exploration is a natural part of growing up, and it involves figuring out who you are, what you believe in, and what you want in life. During adolescence, you are going through many changes, both physically and emotionally, and it's normal to feel confused or unsure of yourself. Identity exploration is a way to help you find your place in the world and develop a sense of self that feels true to who you are. It can take many forms, including experimenting with new hobbies, exploring different beliefs and values, questioning your gender or sexual identity. It's important to remember that everyone's journey of self-discovery is different, and there is no "right" or "wrong". However, there are some tips that can help you navigate this process. One is to be open-minded and willing to accept yourself and others for who they are, even if it seems outside of your comfort zone. Another is to turn to adults who can offer guidance and understanding. Finally, remember to be patient and kind to yourself. Identity exploration is a process, and it's okay to take your time and explore at your own pace.

3. Bullying

Bullying is a serious issue that affects many young people. It involves intentional and repeated acts of aggression or intimidation towards another person, and can take many different forms, such as physical violence, verbal abuse, or cyberbullying. It can have serious negative effects on mental health and well-being, and it's important to know how to recognize it and seek help if you or someone you know is being bullied. Bullying exists for many different reasons, but often it is a way for the bully to feel powerful or in control. It can also be a way for them to target someone who is seen as different or vulnerable in some way. There are several on-the-spot tricks that victims of bullying can use to help defuse or avoid a situation. Use humor: if a bully says something hurtful, try responding with humor instead of anger or sadness. This can throw the bully off guard. For example, you might say, "Wow, I didn't know I was so important that you had to talk about me all the time!" If a bully tries to embarrass you in front of others, respond with a sarcastic comment like, "Yeah, you really got me there. I don't think I'll ever recover from that devastating insult." However, it's not always appropriate and it's best to remove yourself from the situation entirely. This might mean physically walking away. Remember, it's okay to prioritize your own safety and well-being above trying to "win" an argument with a bully.



Reading

4. _____ Mental health concerns

A common misconception that people have about teens and mental health issues is that they are just going through a certain period or that they are being overly dramatic. Many people assume that the typical "moodiness" and "acting out" are just normal parts of growing up, and that teens will eventually grow out of them. However, this is not always the case. Mental health concerns are real and can have serious consequences if left untreated. Remember that seeking help in this case is a sign of strength, not weakness. These issues can take many different forms, such as anxiety, depression, eating disorders, and substance abuse. If you are struggling with anything, it's important to ask for help and support. Here are some tips on how to talk to your parents. Choose the right time and place. Try to have the conversation in a quiet setting when your parents are not busy or distracted. This will show that you take the issue seriously and that you are not just seeking attention. Be honest and direct, explain your concerns calmly and clearly. You can also try some self-care techniques, such as getting enough sleep, eating a healthy diet, exercising regularly, and engaging in activities that bring you joy and relaxation.

5 _____. Academic stress

Academic stress is a common issue that many teens face. This stress can be caused by a variety of factors, such as high expectations from parents or teachers, fear of failure, and pressure to succeed. It can manifest in many forms, including anxiety, depression, and physical symptoms like headaches and fatigue. To overcome it, it's important to practise good time management and self-care. This includes setting realistic goals, breaking large projects into smaller, more manageable tasks, and taking breaks when needed. It's also important to prioritize self-care activities, such as getting enough sleep, eating a healthy diet, and engaging in regular exercise. You can try reframing negative thoughts and practising positive self-talk. You can also use essential oils, candles, or other aromatherapy products to create a calming atmosphere while studying or taking a break. Experiment with incorporating colors that promote calm and relaxation, such as blues, greens, and pastels, into your study environment or wardrobe.

6 _____. Relationship challenges

Relationship challenges are a common experience for many teenagers, whether it's difficulty making friends, navigating romantic relationships, or dealing with conflicts in existing ones. These challenges can arise for a variety of reasons, including differences in values or interests, communication breakdowns, or changes in life circumstances. It's important to remember that these challenges are normal, and with the right tools and support, they can be overcome. If you're experiencing relationship challenges, one of the most important things you can do is communicate openly and honestly with the other person. This can involve expressing your feelings and needs, active listening, and seeking compromise or solutions that work for both parties. Additionally, it can be helpful to focus on building positive relationships and developing a strong support system of friends, family, or mentors who you can turn to for guidance and advice. Finally, remember to take care of yourself and prioritize your own well-being, whether that means setting healthy boundaries or practising self-care.

Which issue:

- A ... can always be solved by making a joke?
- B ... can be reduced by sensory techniques?
- C ... can be either positive or negative ?
- D ... needn't be rushed?
- E ... requires finding common ground?
- F ... involves persistent violent behaviour?
- G ... is not a phase despite a popular belief?
- H ... has something to do with acting?



YOU ARE NOT ALONE, YOU HAVE ME.