4





4.1 **VOCABULARY** Adolescence

I can talk about the activities and characteristics of teenagers.

A teenager's life

VOCABULARY
Adolescence | bullying | teen challenges

GRAMMAR
So | *too* | *either* | *neither* | phrasal verbs

1 **Below are different stages in John's life. Fill in the blanks with the words below.**

childhood teenage adolescence adulthood

1 Between the ages of 9 to 14, John goes through his _____ stage.
2 The stage from newborn to 7 years old is the _____ stage.
3 Once John reaches the age of 18, he enters the _____ stage.
4 The age of 14 years old marks the beginning of John's _____ stage.

2 **Look at the pictures and complete the phrases.**



1 abstract thinking



2 s___ g___ls



3 g___ h___ on face



4 v_____ c_____s



5 b___ c_____s



6 p___ i_____ce

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3 What changes does each teen go through? Choose the phrases in Exercise 2, and write them next to each sentence.

1 Ellen starts to make a list of objectives that he wants to accomplish.

set goals

2 Lisa finds that she has got taller and has gained weight.

3 Noah finds out that he starts to have facial hair.

4 Tim realises that his friends can easily influence his decisions.

5 Harry feels that his voice becomes deeper.

6 Lily realises that she is able to understand complex concepts.

4 Sort the changes in Exercise 3 to Physical changes (P) and Mental changes (M). Write P or M next to each sentence in Exercise 3.

5 WORD FRIENDS Circle the correct option.

1 When boys reach puberty, they start to *gain* / *grow* hair on their faces.
2 Friends often play an important role in teenagers' decisions. This is called peer *control* / *influence*.
3 As teenagers *enter* / *go* into adolescence, they undergo a lot of changes in their thinking and behaviours.
4 *Physical* / *Mental* changes in puberty can include becoming taller and gaining weight.
5 Teens tend to *make* / *set* big goals and have ambitious dreams.
6 The changes in puberty mark the entrance into *childhood* / *adulthood*.

6 WORD FRIENDS Complete the text below with the words below.

voices	abstract	mental
~~puberty~~	peers	grow

WHAT TO KNOW ABOUT PUBERTY?

For some teens, puberty can be a confusing and difficult period. But as you learn about it, you will find that it's just a normal part of growing up.

So, how to figure out if you reach [1] *puberty*? The easiest way to know is by looking at your body. Boys can notice that their [2]_____ start to get deeper, and their facial hair starts to [3]_____. Girls can notice that they start to have periods.

It's easy to observe body changes. What about [4]_____ changes? During teenage years, some parts of the brain are developing. This explains why teenagers can have [5]_____ thinking. Also, they start to have their own opinions and make their own decisions. However, their [6]_____ can influence their choices. But peer influence is not necessarily a bad thing. A teen might study harder or do voluntary work because their friends encourage them to do so.

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4.2 GRAMMAR *too, so, either, neither*

I can use *too, so, either*, and *neither* to talk about teenagers and social media and technology.

1 Choose the best option to complete the sentences.

1 Many teenagers are addicted to social media, and many adults are, _____.
a too b so c either

2 My classmate does not have a TikTok account, and _____ do I.
a neither b either c so

3 Jenny does not use emojis when texting messages, and I do not, _____.
a too b neither c either

4 During puberty, girls experience changes in their bodies and so _____ boys.
a does b do c are

5 Peer influence can be positive to adolescents and _____ can parental influence.
a so b too c neither

2 Complete the sentences below using *so, too, either,* and *neither*.

1 Lisa dreams of becoming a Youtube vlogger and _____ does her sister.

2 Nowadays, young people prefer reading online news to printed newspapers, and some adults do, _____.

3 My mother does not open a Facebook account, and _____ does my father.

4 Once boys reach puberty, the hair around their chin will grow and _____ will the hair above their lips.

5 Children in some parts of Việt Nam do not have access to computers, and children in some parts of the UK do not, _____.

3 Find and correct ONE mistake in each sentence.

1 During puberty, boys develop the ability to think abstractly, and girls do, either. _____

2 One of my friends tried to spend less time online on social media and so do I. _____

3 Ron does not use filters when taking Instagram photos, and Alex does not, neither. _____

4 K-pop idols have many followers on Twitter and neither do US-UK celebrities. _____

5 Emotional change is one sign of entering adolescence, and physical change is either. _____

4 Combine two sentences into one sentence.

1 James does not shop online. His brother does not shop online, either.
→ James does not shop online, and *neither does his brother*. (neither)

2 Harry surfs the Internet every day. Tim surfs the Internet every day, too.
→ Harry surfs the Internet every day, and _____. (too)

3 Girls become taller in puberty. Boys become taller in puberty, too.
→ Girls become taller in puberty and _____. (so)

4 I never leave hateful comments on social media. John never leaves hateful comments on social media, either.
→ I never leave hateful comments on social media, and _____. (neither)

5 Adults will not go through too many physical changes. Elderly people will not go through too many physical changes, either.
→ Adults will not go through too many physical changes, and _____. (either)

6 Peter tried to quit Facebook many times. His best friend tried to quit Facebook many times, too.
→ Peter tried to quit social media many times and _____. (so)

5 Complete the sentences below using *so, too, either,* and *neither*. Remember to add a comma (,) when necessary.

	Text messages	Purchase items	Make new friends	Post stories	Follow celebrities
Chris		✓	✓		✓
Rosie	✓	✓	✓	✓	
Phillips	✓				

1 Rosie uses social media to text messages *and so does Phillips / Phillips does, too.*

2 Chris uses social media to purchase items _____.

3 Rosie uses social media to make new friends _____.

4 Phillips does not use social media to post stories _____.

5 Rosie does not use social media to follow celebrities _____.

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4.3 READING and VOCABULARY

I can identify specific details and general information in a text about bullying.



Some students in Việt Nam are struggling with the fear of bullying caused by their peers. Understanding reasons for bullies' behaviours can easily solve this problem.

1 Bullies need a sense of control
Some students can't do what they want because they have to obey their teachers and parents. As a result, they need a sense of control and they may find that from bullying their friend.

2 Bullies need attention
Bullies are often lonely. Friends don't really care about them, and neither do their family. Therefore, they can do anything to find attention, even causing harm to their friends.

3 Bullies used to be victims
In the past, they might experience mental and physical violence from their family or friends. The pain makes them feel hopeless and depressed. They don't want to suffer alone so they tend to hurt other people the same way.

4 Bullies are jealous
There are some students who always receive many compliments from teachers. These students often become the target of bullying. Jealous people want to take something away from their talented friends, so they may use violence as a tool.

1 Read the text and find a word that has a similar meaning with the given word below.

1 classmates - _____
2 smart - _____
3 praise - _____

2 Read the text again and choose the correct option.

1 Students bully their friends because parents let them do this .
   a True
   b False
2 Bullies lack friends and family's attention, so they hurt other people.
   a True
   b False
3 Children feel depressed because they can't hurt their friends.
   a True
   b False
4 According to the text, some students get bullied because
   a they are more beautiful than other students.
   b they get good grades in class.
   c they get a lot of teachers' compliments.
5 Which of the following statements is NOT true?
   a Bullies have many friends caring about them.
   b Victims of violence can hurt other people.
   c Some teenagers don't have enough freedom to do what they want.

3 Choose the best title for the text.

   a Bullies are victims of bullying.
   b Not all bullies are bad.
   c Why some students bully their peers.

4 Complete the sentences with the correct words below.

harm jealous behaviour suffer obey

1 When students are at school, they must _____ the rules.
2 He pushed his friend for no reason, but he had no regret about his _____.
3 He said sorry to me because he caused _____ to my cat.
4 Many students _____ from serious injuries due to school violence each year.
5 You shouldn't feel _____ when your friends get good grades.

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4.4 GRAMMAR Phrasal verbs

I can use phrasal verbs to talk about teenage problems.

1 **Choose the correct option.**

1 My parents did not let me go out with my friends. I broke *down / up / in* and cried a lot.
2 Due to age gaps, adolescents seldom get *on / out / along* with grandparents.
3 Many students give *along / up / together* doing school activities to avoid bullies.
4 She is under so much parental pressure. It's hard for her to get *together / out of / out* with her parents to discuss her future plans.
5 Minh's father is always asking him to grow *up / down / along* and act more mature.



2 **Choose the correct option to complete the sentences.**

1 The mother is trying to _____ her son because he has been crying for hours.
a cheer up **b** break down **c** get together
2 My best friend has just _____ on me. We will not go out this weekend.
a given up **b** got together **c** hung up
3 Lan got bullied by her classmates, so she did not _____ with them.
a give up **b** get along **c** break down
4 During puberty, it is common that many teenagers _____ when they face a problem.
a break down **b** hang up **c** grow up

3 **Find and correct ONE mistake with the preposition in each sentence.**

1 Families of bullying victims should get on to suggest solutions for school violence. _____
2 Victims of bullying feel bored and hopeless, and they give in returning to school. _____
3 Teenagers face a lot of parental pressure these days. Many parents ask them to grow down and act more mature. _____
4 Sometimes, my friend and I just keep silent on the phone, but we do not want to hang along. _____
5 Watching movies can cheer teenagers down after a hard time at school. _____

4 **Fill in the blanks by choosing the correct phrasal verbs in the box.**

give up grow up break down get together

1 Puberty is a difficult period for adolescents as they will [1] _____ and become mature adults. It is easy for them to [2] _____ when they face problems in life.

2 One of the issues many schools around the world have to face is bullying. Physical violence and mental violence are two common types of bullying. Because of the fear of bullying, many students feel hopeless and decide to [3] _____ returning to class.

3 There are some solutions to prevent the problems related to bullying. Students should not think that bullying at school is normal. Parents and their children need to [4] _____ to discuss negative effects of bullying on teenagers.

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