

21 Behaviour

A Influences on behaviour

Why do we behave the way we do? Is it a case of **nature** or **nurture**? According to behavioural psychologist Michael Woods, various factors have an **impact on** our lives.

Parents **play a crucial part**; other **role models** are less **influential**.

Peer pressure is a significant factor.

People respond positively to **incentives**, but not the threat of punishments.

A **broken home** or **deprived** childhood needn't have a **damaging effect**.

ABOUT YOU

GLOSSARY

nature	the basic character of a person: <i>Violence isn't in his nature.</i>	peer pressure	the influence on your behaviour of people around you of the same age
nurture	the care and attention given to help sb develop nurture v	incentive (to do sth)	sth that encourages you to do sth, work harder, etc.
impact (on sth)	an effect or influence (on sth)	broken home	a family in which the parents are divorced or separated
play a part (in sth)	be involved and influential in developing sth	deprived	without sufficient food, education or money deprive v; deprivation n
crucial	extremely important because it will affect other things	damaging	having a bad effect on sb/sth: a damaging effect OPP beneficial
role model	a person you admire and learn from		
influential	able to influence the way other people think or behave		

1 Find six compounds or phrases in the box.

effect nature or pressure a part a deprived a beneficial
a broken peer play childhood home nurture?

2 Are these positive or negative statements? Write P or N.

- | | |
|--|---|
| 1 She felt nurtured in the children's home. | 5 More money proved to be a real incentive. |
| 2 She's an influential role model. | 6 A month's break was highly beneficial. |
| 3 There is a lot of deprivation in this town. | 7 He smoked because of peer pressure. |
| 4 The amount of work had a damaging effect on me. | 8 Their broken home had an impact on the boys. |

3 Complete the text.

Danny's story is interesting. He came from a broken (1) _____, had a fairly (2) _____ childhood, and was stealing by the age of 13, largely because of peer (3) _____. He also got into fights, although it wasn't in his (4) _____ to be violent. Then he started going to a local boxing club, which had a real (5) _____ on his life. The man who ran it was Danny's first positive role (6) _____, and he played a (7) _____ part in changing Danny's attitude to life. His behaviour changed completely: he gave up crime and became dedicated to his sport. He might even win a place in England's amateur boxing team at the next Olympics, and that is a real (8) _____ for him to train hard.

4 ABOUT YOU Do you agree with the statements at the top of the page? Write your answers, or ask another student.



TEST YOURSELF

B Teenage behaviour

COPING WITH ADOLESCENCE

When **adolescents** are making the **transition** to **adulthood**, their **conduct** can change a lot and can be difficult for parents. Teenagers need you to be **supportive** and **sympathetic** as they try to find their way towards independence. Encourage them to talk about their problems, but only **in their own time** and at their own **pace**. If you are **wise**, you will try to be **consistent** in the way you deal with them, and help them **cope with** the changes in their needs and emotions. And remember that it's just a **phase** they're going through.

SPOTLIGHT stages of life

Adolescence is the time in someone's life when they develop from a child to an adult. An **adolescent** between the ages of 13 and 19 is called a **teenager**. **adolescent, teenage** *adj*

Adulthood is the time in your life when you are no longer a child or teenager and become an **adult**. **SYN grown-up; adult, grown-up** *adj*

GLOSSARY

cope (with sth)	deal successfully with sth difficult
transition (from sth to sth)	a change from one state or form to another
conduct	a person's behaviour in a particular place or situation
supportive	giving help or support to sb in a difficult situation
sympathetic (to/towards sb)	showing that you understand other people's feelings, especially their problems sympathy <i>n</i>
in your own time	when you are ready
pace	the speed at which sth happens: at your own pace (= as fast or as slowly as you like)
wise	able to make sensible decisions or give good advice because of your experience or knowledge wisdom <i>n</i> ; gain wisdom become wiser
consistent	always having the same opinions, standards, etc. and not changing them
phase	a stage in the development of sth: go through a phase

5 Circle the correct word.

- When you work with teenagers, you need to be *sympathetic* / *grown-up*.
- My son has just become a *teenage* / *teenager*.
- I think it's just a difficult phase she's going *through* / *to*.
- What are the main problems for teenagers during *adolescents* / *adolescence*?
- Just make your choices at your own *pace* / *time*.
- Ariel's attitude changes all the time: she's not very *wise* / *consistent*.
- Ollie's successfully made the transition from adolescence to *adult* / *adulthood*.
- Cora is 17 now, so she isn't a *teenager* / *grown-up* yet.

6 Complete the sentences using suitable words from the top of the page.

- It's always to think carefully before you speak.
- The best way to with difficult situations is to laugh about them.
- The most difficult of your life is in your twenties.
- If you have problems, it helps to have a friend or partner.
- The from childhood to adolescence is an easy one.
- You need to be when creating rules for your children to live by.
- You can only gain through years of life experience.
- In order to get through your teenage years, you have to make decisions in your own and at your own
- When your mother starts asking you for advice, you know you're an
- I have great for families who are struggling with problem teenagers.
- People accept bad from teenagers but not so easily from adults.

7 ABOUT YOU Do you agree with the sentences in Exercise 6? Why? / Why not? Write your answers, or talk to another student.



TEST YOURSELF