

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.

ABOUT YOU

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**.

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.



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 n
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 n; 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.

- 1 When you work with teenagers, you need to be **sympathetic** / **grown-up**.
- 2 My son has just become a **teenage** / **teenager**.
- 3 I think it's just a difficult phase she's going **through** / **to**.
- 4 What are the main problems for teenagers during **adolescents** / **adolescence**?
- 5 Just make your choices at **your own pace** / **time**.
- 6 Ariel's attitude changes all the time: she's not very **wise** / **consistent**.
- 7 Ollie's successfully made the transition from adolescence to **adult** / **adulthood**.
- 8 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.

- 1 It's always to think carefully before you speak.
- 2 The best way to with difficult situations is to laugh about them.
- 3 The most difficult of your life is in your twenties.
- 4 If you have problems, it helps to have a friend or partner.
- 5 The from childhood to adolescence is an easy one.
- 6 You need to be when creating rules for your children to live by.
- 7 You can only gain through years of life experience.
- 8 In order to get through your teenage years, you have to make decisions in your own and at your own
- 9 When your mother starts asking you for advice, you know you're an
- 10 I have great for families who are struggling with problem teenagers.
- 11 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