



# TEENAGE STRESS

Teenage stress is increasing. A recent report says that teenagers today have a harder time than their parents did. Children have to grow up faster these days and the pressure is enormous. Teen-parent relationships, friendship problems, school grades, exams, girlfriends and boyfriends can all contribute to teenage stress.



Last week, Gavin (15) was at the doctor's. 'I feel very tired. I've joined the rugby team and I've taken up a part-time job in a shop. I have to train four times a week and work four hours every Saturday. This week I have to take two exams. I sleep 6 hours a night. I've got a terrible headache and a skin rash,' he told the doctor. The doctor said, 'It's stress. You're doing too much. You have to take it easy and get more sleep.'

'If teens don't get enough sleep, they suffer from stress,' says sleep expert, Dr Morris. Teenagers have to sleep between 8 and 9 hours each night, but for more hormonal reasons sleep habits change during adolescence and most teens find it very difficult to go to sleep early. They prefer to go to bed late and sleep later in the morning. Many secondary schools start at 7.45 or 8.00 but in Dr Morris' opinion, the school day shouldn't start before 9.30. Studies found that if teens start the school day later, they get better grades.

Parents can also contribute to the problem of stress. If they push their children to be perfect, they put a lot of pressure on them.

But if parents don't tell their children to do their work, they don't always do it. So, what is the ideal situation? A responsible teenager and an understanding parent! This way, when your parents see you sitting on the steps, staring into space, watching a TV series or just doing nothing, they will leave you alone. They will know you are taking a little time out of your busy stressful life!

## Top ten causes of stress for teenagers

1. A bad relationship with a teacher or parent.
2. A fight with a friend, brother or sister.
3. The birth of a new brother or sister.
4. Little or no privacy.
5. Little or no money.
6. Tests at school.
7. Changing schools.
8. Worries about someone's opinion of you.
9. When parents don't get on well.
10. When parents start a new relationship.

What do you think?

## Obligation and prohibition – must / have to

I'm very tired. I **must** get more sleep.  
It's late. She **has to** go now.  
I've just sent him an email. You **don't have to** phone him.  
He's got a temperature.



Complete the dialogue with these verbs.

- |           |                   |
|-----------|-------------------|
| • have to | • don't have to   |
| • mustn't | • mustn't         |
| • has to  | • doesn't have to |