

Match sentences A-G with gaps 1-5 in the text. There are two extra sentences.

- A.** You see the world differently, develop your own views and your own sense of right and wrong.
- B.** They may not say so, but they are probably feeling a sense of loss and may even feel rejected by you.
- C.** Firstly, let your parents know that you still love and value them.
- D.** Keep talking to your parents.
- E.** In general, emotionally and socially, the adolescents like you are experiencing profound changes in terms of freedom, privacy, interests, decisions and opinions.
- F.** You hate being told what to do all the time.
- G.** Despite this, you should always listen carefully.

HOW TO HANDLE YOUR PARENTS

Adolescence is a difficult time for both parents and teenagers as it is a period of physical, social and emotional changes. Physically, as a dependent pre-teen child, you are being transformed into an independent young adult. 1 _____

First, you want more freedom to choose who to see and when. You used to be most happy in the company of your parents. Now you want to spend some more time on your own. Second, your parents made most decisions before adolescence. But now you want to decide things for yourselves. 2_____. Above all, adolescents have strong opinions and are idealistic. 3_____. You feel you have all the answers while adults don't.

All these perfectly normal changes will affect teenagers' relationship with parents. So what can you, as adolescents, do to stay on good terms with your parents? 4_____. Secondly, try to agree rules and boundaries and prove to be dependable. Keep your words and stick to rules.

Thirdly, try to understand why they might be irritated by your behaviour. Show your parents that you are capable of an independent life by taking care of your own school work and maintaining a healthy lifestyle. Finally, it's all about communication! 5_____. The more disconnected they feel, the more critical, distrustful and controlling they tend to become.