



# Extra training

## Reading Task 350

Match the headings (1 - 8) to the paragraphs (A - G).  
There is one heading that you do not need to use.

1. Solving problems
2. Meeting the costs
3. Dealing with bullying
4. Generation gap
5. Fashion conscious
6. Unrealistic expectations
7. Relationship ups and downs
8. Feeling the pressure

- A.** Being picked on at school is becoming more and more common and it has nothing to do with the kind of school you go to. It can happen at schools with both good and bad reputations. The difference lies in how schools deal with the situation. Some schools place a lot of emphasis on finding solutions to the problem, while other schools tend to ignore it and pretend it is not happening.
- B.** Making and maintaining friendships can be one of the most fulfilling things in your life. It can also be really difficult to do, especially for teenagers, who are still not sure about what they are looking for or what they need in a friend. One thing is for certain, though. If you form a close friendship with someone, it can be very upsetting if things go wrong.
- C.** Participants in peer mediation schemes have the opportunity to talk through their conflicts with the help of trained student mediators. Peer mediators do not take sides or blame anyone. They listen to all participants and help them to develop their own solution to the conflict. If you are feeling frustrated or angry with a friend but have not approached them about your feelings, mediation can help! It gives you the opportunity to confront a person you are in conflict with, in a non-violent way.
- D.** More and more teenagers are becoming unhappy with the way they look, especially when they regard tall, thin, beautiful celebrities such as Victoria Beckham, as role models. It is *very* difficult, of course, for teenagers to be happy with their bodies when they feel they have to meet such unattainable standards.
- E.** Most teenagers would claim that their parents don't understand their needs, while most parents believe that it is impossible for them to get through to their teenage children. The truth is probably somewhere in the middle. Both sides should try to be more understanding and open to the other's ideas and feelings.
- F.** There are lots of things that teenagers are tempted to buy; CDs, mobile phone top-ups, computer games etc. But how can they afford all these things? More and more teenagers are getting part-time jobs in order to cover their expenses, and this gives them a feeling of independence. Of course, some teenagers get paid on a regular basis by their parents in return for doing chores around the house.
- G.** Young people nowadays feel under so much stress that they sometimes find it hard to cope. Exams are a major cause of concern for teenagers because the career they choose depends on the marks they get in their final school examinations. Therefore, teenagers need to learn how to deal with this kind of stress, which will prepare them for other kinds of pressures they will face in later life.

| A | B | C | D | E | F | G |
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