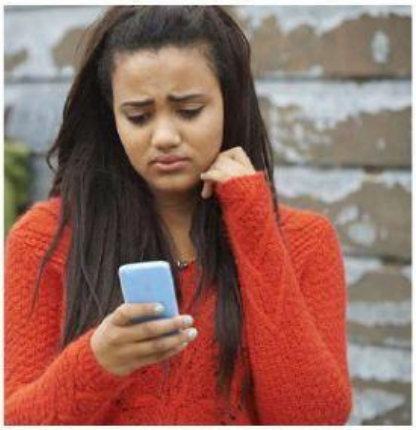
Handout 1

Exercise 1: look through the short stories from children and be ready to answer this question: What are all children talking about?



Kate:

I feel stressed out. Stress increases at school, and the older I get, the number of projects to be done, tests to cope with, increases, not to mention sports and other extracurricular activities. Besides, my mum is getting me down about my homework. She always checks it. She makes me do my homework **in advance**. That's why I have no free time at all.



Kelly:

I am often bullied by my classmates. **Bullying** can have many different forms. They tease me online, in-person through physical or verbal attack or indirectly through spreading rumors. Teenagers tend to be harsher online than in-person because the online bullies do not have instant feedback, as the online bully does not get to see or hear the pain or harm, they did to the victim.



Jane:

When I see TV, movies, popular web sites, the thinness of girls is emphasized. When I compare women on the TV and me, I think that I am fat. Besides, my sister **mocks** any minor sign of excess weight. That is why I am on a diet right now. In addition, I can skip meals or eat only vegetables. My friends are constant complaining about being 'fat'. However, they tend to be preoccupied with food.

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Tom:

I have a lot of rows with my parents. I want to be **independent**; I don't like when my parents try to rule every step of my life. My parents don't like my clothes and my music. They often try to treat me like a small child. It is really difficult for them to understand me. What is more, they give not much money, and I hardly can find a job because in my age I cannot be responsible for money or do some kinds of job. And there is a great problem: parents also always doubt in my independence.

Steve:



My age – is time of making a choice what I will be in future, what I want to do and how. So I have to choose the university to have better education and future profession. It is difficult for me to make a decision because I am interested in many things. Besides, my parents have their own image of my future and they hope I will fallow their advice.



John:

I sometimes smoke and drink alcohol. It seems to me I look as an adult. However, I know this will lead to poor health in future. But if I stop doing that my friends will think that I am a child. I do not want them to see me a kid because I like spend time with them. Besides, alcohol and smoking help me to relax and distract from stress.

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