1 Relationships



Reading 1

Word power

argument • bully • embarrassment • fight • jealousy • tease

Starting point

- What problems can teenagers face because of parents?
  other people at school?
  brothers and sisters ?
  friends?



The children's charity *Child Power UK* has launched a new service for teenagers in need of a friendly ear. Charlie Benn investigates.

A **Look at the title and subtitle of the article you are going to read. What do you think this new service does?**

B **Read the text quickly and find examples of difficult situations that teenagers might face.**

How should you do Reading Part 2?

a Don't worry about words like *her, his, our,* etc because you don't know who they refer to so they can't help you decide.

b Look at words like *her, his, our,* etc carefully and try to work out who they refer to because they will help you decide.

C **exam practice Reading Part 2**

You are going to read an article about a service for teenagers. Seven sentences have been removed from the article. Choose from the sentences A-H the one which fits each gap (1-7). There is one extra sentence which you do not need to use.

A And often it's better to talk to a complete stranger about these things, rather than someone you know really well.

B I think our chat made her feel a lot better.

C Everyone occasionally has difficulties with their relatives, their colleagues, their neighbours, their boss!

D That alone can often be a help in itself.

E However, it doesn't work for everyone.

F A thirteen-year-old girl is being teased by her older brother.

G All we can really do is suggest they go and see their doctor.

H You can also chat directly with one of our counsellors online through our website.

'Being a teenager has never been easy, and, from all our research, it seems to be getting more difficult every year.' So says Janet Faulkner, Director of *Child Power UK*. *Helping Hand*, a new service for thirteen- to nineteen-year-olds, is her brainchild. 'I realised that there was lots of help at hand for young people in extreme difficulty. They can ring *ChildLine*, for example, if they're suffering from bullying or have run away from home, things like that, but nothing for the more everyday problems they face. And so I created *Helping Hand* to fill the gap.'

The concept is simple. 1 A teenage boy feels embarrassed every time he goes shopping with his mum. Someone is jealous of their best friend because they've got a cool new mobile phone. Who do they turn to? *Helping Hand*.

'They're little things, yes,' says Janet, 'but they often don't feel little to the person in that situation. All problems need to be sorted out and talked about. 2 We provide a 24-hour free service to do two main things – listen sympathetically, and offer advice where appropriate.'

Since its introduction two months ago, *Helping Hand* has already dealt with over 1,000 cases. 'If you're a teenager, you can contact us in three main ways,' says Janet. 'There's a free number you can call (0909 9090909) or you can send us an

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Help is at hand

email and we'll get back to you within half an hour. 3 Many people like that option because it's direct but at the same time they feel comfortable. We're also planning to introduce a service soon that allows teenagers with similar problems to talk to each other online.'

There are five full-time *Helping Hand* counsellors at present, all trained in child psychology and counselling. One of the team, Jenny, described her work. 'It's a great feeling being able to make a difference to someone's life,' says Jenny. 'This morning, for example, I helped one teenager who was really upset because none of her friends at school had remembered her birthday. 4 And there was a fifteen-year-old boy who had seen the film *Billy Elliot* and wanted to start doing ballet, but was afraid of what his father would say. He's going to make his dad watch the film before he talks to him about it.'

Helping Hand doesn't claim to be able to solve every problem. 'We can't work miracles,' says Andrew Carter, another counsellor, 'and we can't make all problems disappear just like that but *Helping Hand* gives kids the chance to express their frustrations and anxieties. 5 I had a teenager the other day who had just split up with his girlfriend. He didn't want to talk to anyone in his family about it, and his friends just joked about it when he brought the subject up. He really only needed somebody to listen to him. And that's what we're there for.'

'Sometimes,' says Jenny, 'there are issues we just can't deal with at all. We're not health professionals, so there's no way we can discuss medical problems. 6 And last week someone sent me an email asking if I knew where they could buy a cheap second-hand digital camera. We don't really have answers to questions like that!'

'*Helping Hand* has been such a success, though,' says Janet, 'that a number of other charities are looking into ways of running similar services for older people. It's not just teenagers that have problems. 7 And it really does help to talk. Who knows? Maybe we'll all be using a service like this in the future!'

Work it out!

Find these words and phrases in the article and underline them. Can you work out what they mean from the context?

charity • launched • a friendly ear • turn to
frustrations • looking into

D **Find words or phrases in the text or removed sentences which have a similar meaning to these words and phrases.**

1 good idea (paragraph 1)
2 idea (paragraph 2)
3 solved (paragraph 3)
4 have a conversation (paragraph 4)
5 do impossible things (paragraph 6)
6 worries (noun) (paragraph 6)
7 introduced (paragraph 6)
8 problems and situations (paragraph 7)

Have your say!

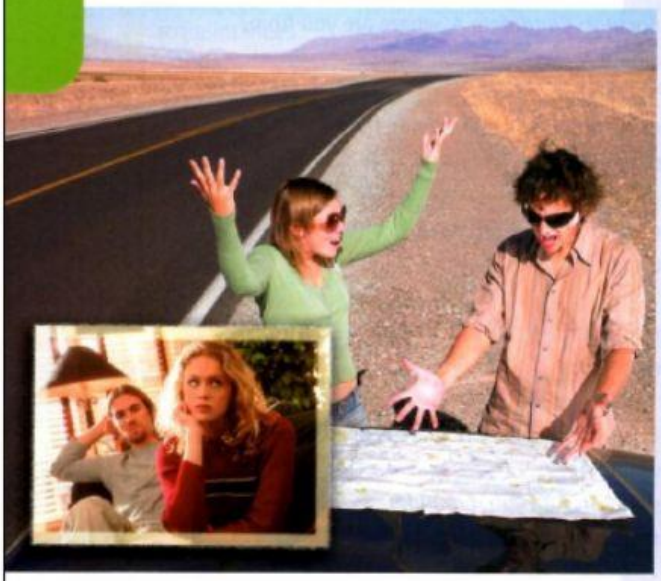
Do you think *Helping Hand* is a good idea?

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Reading 2

Word power

argument • depressed • incompatible
miserable • nothing in common • upset



Starting point

- Look at the pictures. How do you think the people are feeling?
- What do friends quarrel about?
- What advice would you give to a teenager in these situations?

A **Look at the title of the article you are going to read. What do you think the article is about? Who is it aimed at? Where might you find an article like this?**

B **The article gives some advice. Quickly read paragraphs 2, 3 and 4 and make a list of 'Dos' and 'Don'ts' that the writer mentions.**

How should you do Reading Part 1?

a Only ask yourself which answer is right, and why.

b Ask yourself which answers are wrong, and why, and which answer is right, and why.

Are you a

If you've been let down by a boyfriend or girlfriend, you're probably hurting. It's not stupid or childish to feel like this.

Your boyfriend or girlfriend has told you they don't want to go out with you any more. You feel rejected, alone, unwanted and miserable. You had thought that this relationship would last forever and now it's over. Let's be honest – it's a horrible feeling. Maybe the worst feeling you've ever felt. Perhaps you feel that life's not worth living and you'll never get over it. You probably feel that no-one has ever felt this way before.

It may sound impossible now, but you will get over it. It just takes time. And you're not alone – almost everyone goes through this at some point in their life. It's an important part of growing up and actually makes us stronger. What you mustn't do is think that you have failed. Remember: relationships aren't like exams.

If a friend came between you and your boyfriend or girlfriend and helped cause the relationship to end, you'll be dealing with feelings of betrayal as well. If your parents or friends disapproved of your relationship, you might also feel

C exam practice Reading Part 1

Read the text. For questions 1-7, choose the answer (A, B, C or D) which you think fits best according to the text.

1 According to the writer, heartbroken teenagers often feel that they
A have wasted their time being in the relationship.
B do not understand why the relationship came to an end.
C are the only person who has experienced this situation.
D should have been more honest about their feelings.

2 What does the writer say about a relationship ending?
A It helps us develop emotionally.
B It helps us understand that we can all fail.
C It forces us to stop being childish.
D It reminds us that relationships are not like tests.

3 A heartbroken teenager might have 'feelings of betrayal' (line 16) when
A their parents did not want the relationship to succeed.
B they don't feel able to talk about their feelings.
C their partner was responsible for the relationship ending.
D someone they trusted got involved in the relationship.

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heartbroken teenager?

humiliated and embarrassed about discussing how you feel. These feelings are normal, but it does help to talk. Try talking to your parents and friends – they may be more sympathetic than you think. Ask your parents about their first relationships. The chances are they went through similar experiences.

Don't do anything impulsive. It might seem a good idea to go out and get a tattoo or your nose pierced, but you'll probably regret it in a few
31 days. That doesn't mean you shouldn't treat yourself: how about buying some new clothes or getting a new hairstyle? Is there a film you've been wanting to see at the cinema for ages? Not sure whether to go to that party you'd been invited to? Go! And if you're worried that your ex-boyfriend or girlfriend might be there, let them see you can have a good time without them. That'll make you feel a lot better!

Sometimes couples who split up get back together and sometimes they don't. Don't sit around waiting for your ex to call to say they've made a big mistake and think you should start going out with each other again. The chances are that won't happen, but it's actually more likely to come about if you just get on with your life rather than sit at home waiting for the phone to ring. It may sound corny, but there are plenty more fish in the sea. You will – in time – find someone new. But don't be tempted to rush into another relationship. This is called going out
59 with someone 'on the rebound'. This kind of relationship rarely works, as you're not together for the right reasons. Give it a little time before you start your next relationship.

Here's one other thing to remember. You've just experienced one of the most traumatic things that people experience. From now on, things can only get better. Each day, you'll feel slightly less unhappy. In a week, it will be bearable. In a month, you'll be able to laugh about it. In a year, it will all seem ancient history. You've got a lot of life ahead of you – look to the future and go out and enjoy yourself!

Work it out!

Find these words and phrases in the text and underline them. Can you work out what they mean from the context?

childish · sympathetic · traumatic
bearable · impulsive · miserable

4 What does the word 'That' (line 31) refer to?
A regretting the impulsive behaviour
B the advice not to do anything impulsive
C the idea of doing something impulsive
D treating yourself to something you want

5 How should heartbroken teenagers react if they see their former partner at a party?
A They should be concerned about their former partner.
B They should show that they are better off now.
C They should make it clear that they can survive on their own.
D They should see what their former partner is doing.

6 A relationship 'on the rebound' (line 59) is one
A in which you fall in love very quickly.
B which is never successful.
C in which both partners have just finished a relationship.
D which starts too soon after a previous relationship.

7 What point is the writer making in the final paragraph?
A Humans are survivors.
B We benefit from painful experiences.
C We forget unpleasant experiences quickly.
D Time will heal the pain.

D **Circle all the different feelings mentioned in the text.**

E **Find words or phrases in the article which are similar in meaning to these words and phrases.**

1 recover from (paragraph 1)
2 experiences (verb) (paragraph 2)
3 caused a disagreement or argument between (paragraph 3)
4 do something special for (paragraph 4)
5 happen (paragraph 5)

Have your say!

Do you disagree with any of the advice in the article?

Is there any advice you would give that is not in the article?

Can an article like this help a heartbroken teenager?

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