

Read the information below about acne, a condition of the skin commonly suffered by teenagers during adolescence.

**Acne** affects over 80% of adolescents. It is caused mainly by changes in hormones during **puberty**. It consists of red spots or **pimples** which appear mainly on the face and neck. In addition, the chest, back and shoulders may be affected. Fortunately, acne usually disappears when teenagers reach their early twenties. But teens who suffer from acne can experience a great deal of emotional stress. They lose their self-esteem and become very depressed and unhappy, because they think they are ugly.

	Word	Definition
a)	puberty	period when you change from a child to an adult
b)	Pimples	
c)	Emotional	
d)	self-esteem	

Feeling that you are a person of value or worth.

Small red lumps on you skin, especially on your face.

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