21 Behaviour

A Influences on behaviour

Why do we behave the way we do? Is it a case of **nature** or **nurture**? According to behavioural psychologist Michael Woods, various factors have an **impact on** our lives.

ABOUT YOU

Parents **play a crucial part**; other **role models** are less **influential**. .....

Peer pressure is a significant factor. .....

People respond positively to **incentives**, but not the threat of punishments. .....

A **broken home** or **deprived** childhood needn't have a **damaging effect**. .....

GLOSSARY

nature	the basic character of a person: *Violence isn't **in his nature**.*	**peer pressure**	the influence on your behaviour of people around you of the same age
nurture	the care and attention given to help sb develop **nurture** *v*	**incentive (to do sth)**	sth that encourages you to do sth, work harder, etc.
impact (on sth)	an effect or influence (on sth)	**broken home**	a family in which the parents are divorced or separated
play a part (in sth)	be involved and influential in developing sth	**deprived**	without sufficient food, education or money **deprive** *v*; **deprivation** *n*
crucial	extremely important because it will affect other things	**damaging**	having a bad effect on sb/sth: ***a damaging effect*** OPP **beneficial**
role model	a person you admire and learn from		
influential	able to influence the way other people think or behave		

1 Find six compounds or phrases in the box.

effect	nature or	pressure	a part	a deprived	a beneficial
a broken	peer	play	childhood	home	nurture?

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2 Are these positive or negative statements? Write *P* or *N*.

1 She felt nurtured in the children's home. .....
2 She's an influential role model. .....
3 There is a lot of deprivation in this town. .....
4 The amount of work had a damaging effect on me. .....
5 More money proved to be a real incentive. .....
6 A month's break was highly beneficial. .....
7 He smoked because of peer pressure. .....
8 Their broken home had an impact on the boys. .....

3 Complete the text.

Danny's story is interesting. He came from a broken **(1)** ....., had a fairly **(2)** ..... childhood, and was stealing by the age of 13, largely because of peer **(3)** ..... . He also got into fights, although it wasn't in his **(4)** ..... to be violent. Then he started going to a local boxing club, which had a real **(5)** ..... on his life. The man who ran it was Danny's first positive role **(6)** ....., and he played a **(7)** ..... part in changing Danny's attitude to life. His behaviour changed completely: he gave up crime and became dedicated to his sport. He might even win a place in England's amateur boxing team at the next Olympics, and that is a real **(8)** ..... for him to train hard.

4 ABOUT YOU **Do you agree with the statements at the top of the page? Write your answers, or ask another student.**

TEST YOURSELF

LIVEWORKSHEETS

B Teenage behaviour

COPING WITH ADOLESCENCE

When **adolescents** are making the **transition** to **adulthood**, their **conduct** can change a lot and can be difficult for parents. Teenagers need you to be **supportive** and **sympathetic** as they try to find their way towards independence. Encourage them to talk about their problems, but only **in their own time** and at their own **pace**. If you are **wise**, you will try to be **consistent** in the way you deal with them, and help them **cope with** the changes in their needs and emotions. And remember that it's just a **phase** they're going through.

SPOTLIGHT stages of life

Adolescence is the time in someone's life when they develop from a child to an adult. An **adolescent** between the ages of 13 and 19 is called a **teenager. adolescent, teenage** *adj*

Adulthood is the time in your life when you are no longer a child or teenager and become an **adult.** SYN **grown-up; adult, grown-up** *adj*

GLOSSARY

cope (with sth)	deal successfully with sth difficult
transition (from sth to sth)	a change from one state or form to another
conduct	a person's behaviour in a particular place or situation
supportive	giving help or support to sb in a difficult situation
sympathetic (to/towards sb)	showing that you understand other people's feelings, especially their problems **sympathy** *n*
in your own time	when you are ready
pace	the speed at which sth happens: ***at your own pace*** (= as fast or as slowly as you like)
wise	able to make sensible decisions or give good advice because of your experience or knowledge **wisdom** *n*; **gain wisdom** become wiser
consistent	always having the same opinions, standards, etc. and not changing them
phase	a stage in the development of sth: ***go through a phase***

5 Circle the correct word.

1 When you work with teenagers, you need to be ***sympathetic / grown-up***.
2 My son has just become a ***teenage / teenager***.
3 I think it's just a difficult phase she's going ***through / to***.
4 What are the main problems for teenagers during ***adolescents / adolescence***?
5 Just make your choices at your own ***pace / time***.
6 Ariel's attitude changes all the time: she's not very ***wise / consistent***.
7 Ollie's successfully made the transition from adolescence to ***adult / adulthood***.
8 Cora is 17 now, so she isn't a ***teenager / grown-up*** yet.

6 Complete the sentences using suitable words from the top of the page.

1 It's always ..... to think carefully before you speak.
2 The best way to ..... with difficult situations is to laugh about them.
3 The most difficult ..... of your life is in your twenties.
4 If you have problems, it helps to have a ..... friend or partner.
5 The ..... from childhood to adolescence is an easy one.
6 You need to be ..... when creating rules for your children to live by.
7 You can only gain ..... through years of life experience.
8 In order to get through your teenage years, you have to make decisions in your own ..... and at your own ..... .
9 When your mother starts asking you for advice, you know you're an ..... .
10 I have great ..... for families who are struggling with problem teenagers.
11 People accept bad ..... from teenagers but not so easily from adults.

7 ABOUT YOU **Do you agree with the sentences in Exercise 6? Why? / Why not? Write your answers, or talk to another student.**

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TEST YOURSELF

LIVEWORKSHEETS