

I Pronunciation

Read the questions below and mark the intonation using ↘ (falling intonation) or ↗ (rising intonation). Then practise saying them.

1. Is she suffering from anxiety or depression?
2. Is her essay about social or environmental issues?
3. Does the organisation support victims of physical or mental bullying?
4. Are we going to invite the pop singer, the boy band, or the dance group?
5. Do you want to go to university in Australia, England, or the US?
6. Does bullying cause victims to become depressed or experience physical illness?
7. Are we going to propose the idea to teachers or parents first?
8. Would you like me to help with designing the posters, preparing the slides, or writing the invitations?

II Vocabulary

1 Complete the sentences using the words in the box.

overpopulation
bullying

body shaming
peer pressure

poverty
depression

crime
alcohol

1. Many cities are facing the problem of _____ as more people are moving to large urban areas.
2. We should help the police to fight _____ if we want to live in a safe neighbourhood.
3. The best way to stop _____ is to accept differences in size and shape.
4. When my brother started coming home with bruises on his arms and legs, my parents thought he was a victim of physical _____.
5. The police found out that the taxi driver had drunk _____ before the accident.
6. The increasing number of young people suffering from _____ is worrying.
7. I don't say no to _____ because I want to try the things that my friends are doing.
8. We often organise charity events to raise money for people living in _____.

2 Choose the best answer to complete each sentence.

1. Walking alone at night still causes **anxiety/depression** in girls and women.
2. We are starting a(n) **social/environmental** awareness campaign about depression among young people next week.
3. Avoid using **violent/offensive** language, which may hurt people.
4. It's not good to tell **lies/truths** to your parents.
5. More and more teenagers are experiencing **physical bullying/cyberbullying** on social media.
6. My sister suffered from **depression/peer pressure** after failing her university entrance exam.
7. **Teenagers/Victims** of bullying often feel angry, helpless, and afraid.
8. The programme is too **violent/bullying** to be shown to children.

3 Choose the best answers to complete the sentences.

1. We are carrying _____ a campaign to encourage people to buy local products.
A. in **B.** out **C.** on **D.** with
2. You shouldn't be ashamed _____ your appearance.
A. of **B.** about **C.** with **D.** for
3. We should raise people's awareness _____ these social issues.
A. with **B.** in **C.** on **D.** of
4. Parents don't like their children hanging _____ with friends who always get in trouble.
A. out **B.** in **C.** on **D.** over
5. Not many people are brave enough to stand _____ bullies.
A. in with **B.** in on **C.** up with **D.** up to
6. _____ bullying includes using offensive language to embarrass or upset another person.
A. Physical **B.** Cyber **C.** Mental **D.** Verbal
7. Improving your self-_____ is one way to deal with body shaming.
A. confident **B.** confidence **C.** study **D.** importance
8. Peer _____ can have positive or negative effects on teenagers.
A. pressure **B.** stress **C.** influence **D.** anxiety

III Grammar

1 Choose the best answers to complete the sentences.

1. Many people joined our campaign. _____, it was a huge success.
A. Moreover **B.** However **C.** As a result **D.** Besides

2. _____ the heavy police presence, there is an increase in crime in the city.
 A. Although B. Despite C. Because D. Because of
3. Overpopulation is a common problem in big cities. _____, the population in rural areas is declining.
 A. By contrast B. Besides C. In addition D. Although
4. Many parents today work long hours. _____, they miss seeing their children grow up.
 A. As a consequence B. Besides
 C. However D. Although
5. _____ my friend was a victim of bullying at school, he felt embarrassed to report the bully.
 A. Because B. Besides C. Although D. However
6. In addition _____, we also organise charity events to raise money.
 A. to awareness campaigns B. awareness campaigns
 C. starting awareness campaigns D. we started awareness campaign
7. _____ peer pressure, I never skipped classes or smoked cigarettes.
 A. In spite B. In spite of C. As a result D. In addition to
8. The world is facing many social issues nowadays. _____, we need to work together to solve them.
 A. Therefore B. In addition C. As a result D. By contrast
9. Despite _____ many complaints about bullying, the school hasn't introduced any anti-bullying policies.
 A. receiving B. received C. to receive D. we received

2 Complete the sentences using the correct forms of the words in brackets.

1. Because of (bully) _____, she was scared of going to school.
2. In addition to (live) _____ in poverty, many children experience health problems.
3. Despite (have) _____ interesting ideas, my brother was too shy to discuss them with his classmates.
4. In spite of the (support) _____ of our teacher, we were not allowed to carry out the social awareness campaign.
5. Although poverty (be) _____ a major issue in the city, little has been done about it so far.

3 There is a mistake in each item. Find the mistake and correct it.

1. In addition with health problems, alcohol could also cause memory loss.
2. My parents had to deal with many problems. Besides of this, they worked very hard to save money for a house.
3. Many people in my neighbourhood have lost their jobs. As result, crime has increased.
4. Despite of our successful social awareness campaign, there is still much work to do to reduce poverty.

5. Because of my teacher liked my idea so much, I decided to submit it to the ideas competition.
6. The environmental issues in our community have been solved. With contrast, people experience more social problems.
7. Depression is a common issue in our modern society. Although, not much has been done about it among young people.
8. Moreover to supporting your friends in studying harder, you can encourage them to try a new sport or hobby.
9. In addition to her low grades, my sister was accepted into university.
10. The brain continues to develop until the mid-to late-20s. However, teenagers respond to stress differently than adults.

IV Reading

1 Read the text. Match the headings (A-F) below with the paragraphs (1-4). There are TWO extra headings.

- A. Cyberbullying
- B. Smoking and drinking
- C. Being overweight
- D. Peer pressure
- E. Stress
- F. School violence and bullying

Common issues facing teenagers today

Being a teenager is not easy. According to a recent survey, the most common issues facing teenagers today include the following:

1. _____

Many parents think that social media is largely to blame as this is where teens often see images of famous or normal people drinking or smoking. This behaviour is often presented as 'cool' and 'fashionable'. In the USA, more than one out of five secondary school students admitted having drunk alcohol regularly.

2. _____

While schools are supposed to provide a safe and healthy environment, they might actually be among the most dangerous places for many students. It is not uncommon for teenagers to experience bullying or physical violence at school. Often, victims suffer in silence as they feel reporting a bully won't make a difference.

3. _____

Academic pressure and family expectations are the main reasons for this issue. Many young people nowadays spend a lot of time studying, doing homework, or revising for tests. In Korea, for example, students often spend between 12 to 16 hours per day at school and at an educational centre, and sleep only four hours per night.

4. _____

The figures for the USA and the UK are alarming. Many young people spend their free time on social media and don't get enough exercise to maintain a healthy weight. Stress can also lead to weight gain as it encourages people to turn to food for comfort and stress relief.

2 Read the text and choose the best answers.

Social media issues

It is hard to (1) _____ a Gen Z teenager growing up without smartphones and social media. (2) _____, while these sites provide entertainment and ways to connect with people, they can also harm young people.

One of the risks is cyberbullying, especially body shaming. Social media users often hide their identities online, so it is (3) _____ for them to post offensive comments or images. Social media can also make teens feel less (4) _____. (5) _____ images of paper-thin models and glamorous 'influencers' with expensive cars and clothes are everywhere, teenagers start thinking that being slim and (6) _____ is the only way to be accepted in society and become successful. (7) _____, there is a risk that they meet bad people online, as well as come across harmful content.

Parents can't ban teenagers from social networks (8) _____ it is actually impossible to do so. (9) _____, young people should learn how to stay safe online. Parents and teachers play an essential role here as knowing how their children and students use the Internet is essential for (10) _____ them online.

- | | | | |
|----------------------|----------------|----------------|----------------|
| 1. A. accept | B. imagine | C. know | D. believe |
| 2. A. However | B. Besides | C. Therefore | D. Then |
| 3. A. more difficult | B. impossible | C. easier | D. dangerous |
| 4. A. violent | B. confident | C. fashionable | D. confidence |
| 5. A. As | B. Besides | C. Although | D. While |
| 6. A. healthy | B. generous | C. rich | D. clever |
| 7. A. However | B. In addition | C. Therefore | D. Then |
| 8. A. although | B. because | C. while | D. for example |
| 9. A. However | B. Moreover | C. By contrast | D. Instead |
| 10. A. encouraging | B. promoting | C. preserving | D. protecting |

V Speaking

1 Complete the conversations by circling the best answers. Then practise reading them.

Conversation 1

Tom: I'm afraid I won't be able to play in tomorrow's match.

Dave: What **ashamed!**/**a shame!**

Conversation 2

Claire: My grandma has just passed away. I'm going to miss her so much.

Jane: *What a pity/I'm so sorry* to hear that.

Conversation 3

Nam: I tried my best, but my team didn't win yesterday.

Dad: I know *how it feels/that's too bad*, son. Don't blame yourself.

Conversation 4

Mary: I had a terrible headache last night and couldn't finish my homework.

Jim: *I can sympathise with you./How disappointing!* I often have headaches when I'm stressed.

2 Talk about what you should or shouldn't do to stay safe on social media. Use the suggested ideas below to help you. You may add your own ideas. You can start your talk with the sentence below.

- Turn on the safety mode on your web browsers and social networking sites.
- Avoid making friends with people you don't know.
- Report or block people who have a negative influence on you.
- Understand that beautiful images do not always represent success or happiness.

'There are certain things we should do to stay safe on social media. ...'

VI Writing

1 Rewrite the sentences without changing their meanings.

1. Because there is an increase in cyberbullying, many schools have to update their anti-bullying policies.

→ Because of the _____.

2. Although the police are using new methods to control crime in the city, crime figures are still high.

→ Despite _____.

3. Many teenagers have to deal with physical bullying. They also have to deal with cyberbullying.

→ In addition _____.

4. Many teenagers are afraid or not sure if they are bullied or not, so they don't do anything about their situation.

→ _____. Therefore, _____.

5. In spite of developing health problems, some people continue to drink too much.

→ Although _____.

6. Because of test anxiety, some students suffer from stress and fail to do well in their exams.

→ Because _____.

7. I'm getting anxious about my English exam, and I don't think I have enough time to revise for it.

→ _____, Besides, _____.

8. The Internet is a great source of information, but it may not be reliable.

→ _____, However, _____.

2 Use the words and phrases below, and add some words where necessary to make meaningful sentences. Change the verb forms if necessary.

1. Although / his parent / not approve of / his friends / he / continue / hang out / them.

2. City dwellers / get / richer. / By contrast / rural areas / become / poorer.

3. Our campaign / aim / help / poor / people / by / create / jobs opportunities / for them.

4. We / hope / you / would consider / our proposal / because / it / could help / our school / become / safer place / everyone.

5. People / all ages / take part / campaign / last week. / Moreover / a famous singer / come / perform / one of our events.

6. Parents / start / campaign / reduce / violent content / TV / as / they / believe / it / harmful / children.

7. We / need / draw / people's attention / pressing / social issues / such as / poverty / crime / our city.

8. Body shaming / very serious / issue / teenagers / nowadays / although / many people / not feel / comfortable / talk about it.

- 3 Write a proposal (150–180 words) to the local authority about organising charity events. Use the suggested ideas below to help you. You can also add your own ideas.**

Title: Organising charity events to help poor, needy, and homeless people

Who: people who are interested and free to help, especially cooks and hairdressers

When: weekends

Duration: three months

Where: City Park

Activities: cooking and serving free meals, free haircuts, giving away donated food

Goals:

- to raise awareness of the issue
- to encourage kindness in the community
- to help the poor and homeless
- to understand their needs

Title: Organising charity events to help poor, needy, and homeless people

To: _____

Date: _____

Prepared by: _____

1. Introduction:

2. Details about the event:

3. Goals and benefits:

4. Conclusion:
