

1. Match the words

Match the words with their meanings.

1. peer pressure
2. schoolwork
3. social media
4. bullying
5. relax
6. solution

- a. unkind behaviour that hurts someone
- b. work students have to do for school
- c. stress caused by friends' influence
- d. a way to solve a problem
- e. to rest and feel calm
- f. websites or apps people use to share information



2. Choose the correct answer

Circle A, B, or C.

1. Too much _____ can make teens feel stressed.
A. schoolwork B. hobby C. game
2. She uses social media every day, but now she _____ her homework.
A. does B. is doing C. do
3. Minh feels sad because some boys are _____ him at school.
A. relaxing B. bullying C. sharing

4. We should talk to our teachers when we need _____.
A. advice B. pressure C. exam
5. My sister usually _____ music to relax after school.
A. listen B. listens C. is listen



3. Complete the sentences

Use the words in the box.

pressure solution relax social media schoolwork advice

1. Too much _____ can make students tired.
2. You should ask your teacher for _____.
3. Going for a walk helps me _____.
4. Spending too much time on _____ is not good for teens.
5. Talking to your parents is a good _____ to the problem.



4

Fill in each blank with the correct form of the word from the box.

skill upload club bully participate connect

Mike has a busy and active life. He does well at school and (1) _____ in many (2) _____ like basketball and chess clubs. He is also a member of school community projects, where he (3) _____ with other teens and learns new (4) _____. He has many classes, but he can still manage his schoolwork well. Mike is also an active member of his class forum. He and his friends (5) _____ pictures and videos about their class activities. The most common problem they discuss is how to deal with (6) _____.



5

Use the conjunctions provided to connect the sentences.

1. Mai is the head of the music club. She knows the members very well. **SO**

2. Lan wanted to go to the party. She couldn't choose a suitable dress. **BUT**

3. Tom felt stressed. He tried to finish his homework. **HOWEVER**

4. He isn't a member of the chess club. He won't join the chess competition. **THEREFORE**

5. We will have a short holiday. We will feel less stressed. **OTHERWISE**



6 Choose the correct answer (A, B, or C).

- Teens use social media to _____ with friends.
A. connect B. bully C. pressure
- Nam joined the arts and crafts club because he loves making _____.
A. accounts B. things C. stress
- Parents should listen to teens, _____ they should set clear rules too.
A. but B. or C. for
- Too much school pressure can make students feel _____.
A. relaxed B. stressed C. cheerful
- We can upload photos, _____ we should use social media safely.
A. but B. so C. because



7 Complete the sentences below.

- Teens need to have good health, so _____.
- His parents have high expectations of him, but _____.
- Teenagers should develop social skills; otherwise _____.
- We sometimes feel lonely and sad; therefore _____.
- She does very well at school; however _____.



8 Choose the correct answer (A, B or C).

- I feel less _____ when I play badminton after school.
A. stress B. stressed C. stressful
- She spends too much time on social media and always checks her _____.
A. clubs B. notifications C. exercises
- We want to _____ fit, so we go to the gym together.
A. keep B. keeps C. keep
- They are in the arts and crafts _____.
A. club B. clubs C. clubes
- I can't _____ on my homework because there is a lot of noise.
A. relax B. concentrate C. join



9 Read and tick True (T) or False (F).

Nam and Lan are talking after school. Nam has just joined the chess club. He loves it because it helps him concentrate and make new friends. Lan is in the arts and crafts club. She thinks it's a great way to relax and be creative. They both use social media, but they try to be careful. Nam doesn't check his notifications during class, and Lan only uses social media in the evening. They believe that joining clubs and using social media wisely helps them have a happier and healthier life.



	T	F
1 Nam has joined the chess club.	☐	☐
2 Lan thinks the chess club helps her relax.	☐	☐
3 Nam checks his notifications during class.	☐	☐
4 Lan uses social media only in the evening.	☐	☐
5 They think clubs and social media can help them have a healthier life.	☐	☐

10 Complete the sentences.

- I can't _____ on my English homework because my phone keeps making sounds.
- She looked tired _____ she stayed up late using social media.
- I enjoy the badminton _____ after school.
- He has a lot of schoolwork, _____ he still finds time to play basketball.
- I turned off my _____ during the test _____ I could focus better.

because but so however club concentrate notifications stress

