

Read the advice below.

Match the advice, a-e, to texts 1-5 in Activity 2.

a

It's a very bad habit and can harm your health.
I think you should say 'no' to your friends if they offer you cigarettes.

b

I'm sure your parents love you very much. Why don't you talk to them or talk to a good friend about how you're feeling?

c

I think you should talk to your parents and explain that you want to eat healthier food. Try to start exercising for 30 minutes a day too.

e

Eating disorders are very serious. I think you should speak to your mum and doctor to get some professional help.

d

My advice is to try and reduce your stress level using exercise or an activity that helps you relax.