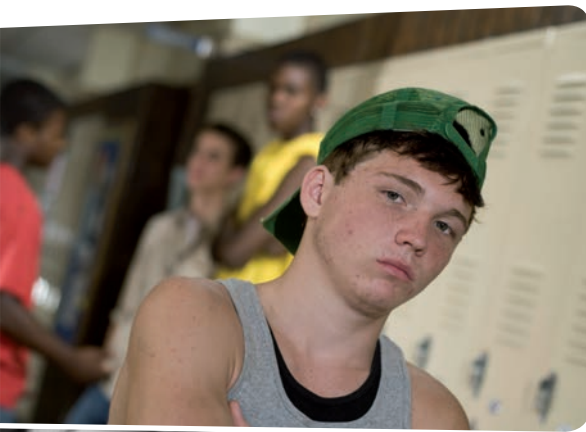




HOW TEENAGERS THINK



Teenagers go through many changes, some are confusing and some are just strange. Read the following article on how teens think.



The teenager years can be quite difficult. During this period, many young adolescents are still trying to find themselves, discover who they are. In order to discover yourself, you have to go through many phases.

Independence - Rebellion is a symbolic way for teens to show their independence. They want to show their friends that no one tells them what to do. They make their own decisions and do not have to answer to anyone. If parents disapprove of something teens do, it often makes them **behave worse** and creates **arguments**. Teens love going against adult restrictions in order to assert their independence. Teens generally feel limited because they see themselves as adults, but they are not permitted to do the same things adults do.



Risk-Taking - Taking risks is a great way for teens to learn about responsibility for their actions. It is a step in the right direction to becoming a mature adult. By taking risks, teens will learn how to make mature and **wise** decisions, and how to avoid decisions that will get them into trouble. Adults may see teen behaviour as “dangerous” and “stupid”, but teens see it as a way of trying new things in order to find who they are and what they like.

Mood Swings - Teenagers are not crazy, unstable people. There is a good reason for why teen behaviour can seem **erratic** at times. Inside a teen’s body there is a fluctuation of hormones. When this happens, it is usually accompanied by irritability, recklessness, aggression and depression. That is why a teen can go from being extremely happy to very sad to violent in a **matter** of minutes. All this makes it even harder for adults to understand teens.

Physical Changes - You often see teens **staring** at themselves in front of the mirror. Can all teens really be so vain? Well, no. Teens are going through a stage in their life in which they will see many physical changes causing them to be more self-conscious. They often spend hours in the bathroom, **gelling** their hair, putting on make up or putting on face cream to feel more accepted by their friends. Since physical changes often happen before mental changes, a teen can feel like a child **trapped** in an adult’s body.



GLOSSARY

behave worse: comportarsi peggio.
arguments: discussioni.
wise: sagge.

erratic: volubile, incostante.
matter: manciata.
staring: che fissano, guardano attentamente.

gelling: mettere il gel.
trapped: intrappolato.


K E T ← Multiple choice

After reading the article, circle the correct answer A, B, or C.

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| <p>1) Why do teens tend to disagree with their parents?</p> <ul style="list-style-type: none"> a. Because teens want to assert their independence. b. Because they don't like their parents. c. Because parents don't understand teens. <p>2) Why do teens feel restricted?</p> <ul style="list-style-type: none"> a. They have no money. b. They don't see themselves as adults. c. They can't do the things adults do. <p>3) What do teens learn from taking risks?</p> <ul style="list-style-type: none"> a. That they can do whatever they want. b. That there are consequences to actions. c. That their parents will always help them. <p>4) What do teens discover by taking risks?</p> <ul style="list-style-type: none"> a. Their self-identity. b. The people who care most about them. c. Their self-consciousness. | <p>5) What causes the unpredictable behaviour of teens?</p> <ul style="list-style-type: none"> a. Drug use. b. A decrease in hormone production. c. Hormone instability. <p>6) Why do teens become self-conscious?</p> <ul style="list-style-type: none"> a. Their friends say things about them. b. They notice changes to their bodies. c. They spend more time in the bathroom. <p>7) What part of a teen usually changes first?</p> <ul style="list-style-type: none"> a. How they look. b. How they think. c. How they see the world. |
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WRITING

Write about some of the differences you have noticed in yourself as you have grown older. You can talk about:

- Physical changes
- Changes in attitude
- Changes in responsibilities

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