

Read the text about one aspect of bringing up children. Then choose the correct answer (A, B, C or D) for each question (1-6). Put a cross (☒) in the correct box on the answer sheet. The first one (0) has been done for you.

## Growing of age

Raising adolescents is one long, often agonizing exercise in the hardest part of parenting: letting go.

At each stage of the way, parents find themselves under pressure to loosen their hold as the adolescent pushes for more individuality and independence, bent on becoming a unique person free to live on his or her own terms.

Why can letting go be so hard for parents? Letting go creates some degree of loss for parents – for example of companionship, closeness, communication, and control. Consider some problems of parental losses from letting go that come with each stage of adolescence.

During the first stage of adolescence, early adolescence (ages 9 – 13), there is letting go of childhood identity and companionship. Now parents lose their best buddy and tag-along who prized time with them, communicating everything and sharing in whatever they liked to do. For parents who were given such a golden childhood time, this letting go can be particularly painful. They will never have their son or daughter as a little child again. For these parents, this loss deserves honest mourning, appreciating the passing of a magical time they had together that they will never have again.

During the second stage of adolescence, mid adolescence (ages 13 – 15), there is letting go of social time with family for the increased importance of hanging out with friends. Now the double life of adolescence begins in earnest: the life about which parents are told and the one about which, for privacy's and freedom's sake, they are not. Parents tend to be told less as peers matter more. To protect social independence with peers, parents are put at a social distance. This letting go can be worrisome for parents when ignorance becomes a source of anxiety. The loss can be partly moderated when their home becomes a hosting place for friends, when their son or daughter is invited to include friends in family activities, when parents can develop friendships with their adolescent's friends.

During the third stage of adolescence, late adolescence (ages 15 – 18), there is the letting go of younger restrictions as some older freedoms (driving, dating, and part-time employment, for example) are allowed by parents, and others, not necessarily parent-approved, that are encouraged by peers (substance use, sex, and adventurous risk taking, for example). This creates a very scary letting go for parents, who must accept that they cannot keep their teenager free of more worldly dangers that are associated with the worldly experience he or she is wanting. The loss of parental protection that was provided by older restrictions may be partly supplanted by adequately preparing the high-school teenager to understand and manage new risks that come with acting more grown up. Parents have a duty to inform.

During the fourth and final stage of adolescence, trial independence (ages 18 – 23), there is the letting go from home and the chance to live apart from family. It takes a lot of fortitude to watch as the young person struggles to try his wings and keep his footing at the same time, sometimes falling victim to the errors of his ways. The last stage of adolescence requires a lot of parental letting go. What can ease this hard adjustment is a role change in relationship to their son or daughter. They can give up being managing parents (asserting authority and taking charge) and become mentoring parents instead (being available for consultation and advice should the young person ask). Now the parents respect the adolescent's right to make and live by their own choices, while they respect the knowledge from longer life experience that parents have to offer.

What is important for parents to understand about the loss side of letting go is that simply because this progressive release allows the adolescent to live more independently doesn't mean parents are abandoning the child. In fact, this is the great challenge of parenting teenagers: how parents can still stay lovingly and meaningfully connected to their son or daughter, and remain available, as adolescence gradually grows them apart.

- 0 Throughout a parent-teen relationship,
- A parents feel incapable of meeting all the demands.
  - B teens are happy to depend on their parents.
  - C parents have to learn to allow their children more freedom.
  - D teens become more and more selfish.
- 1 When children first start becoming independent, many parents react by
- A voicing bitter complaints.
  - B expressing shock.
  - C feeling great sadness.
  - D expressing anger.
- 2 When beginning to spend more time with peers, teenagers may
- A be embarrassed about their parents.
  - B be less open with their parents.
  - C begin to feel self-conscious.
  - D start lying to their parents.
- 3 The second stage of growing up is easier for parents if they
- A manage to ignore their worries.
  - B allow the child to have parties.
  - C accept being no longer involved.
  - D show interest in their child's companions.
- 4 Parents might dislike young adults engaging in new activities which
- A other teens are allowed to take part in.
  - B could affect school grades.
  - C friends persuade them to do.
  - D they have forbidden.
- 5 Parents have to realize that it is impossible to always
- A protect young people from negative life lessons.
  - B maintain a good relationship with their child.
  - C know what their child is up to.
  - D allow teens to handle situations their way.
- 6 Parents might think that permitting more freedom is a sign of
- A selfishness.
  - B tolerance.
  - C respect.
  - D neglect.

## Growing of age

0	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input checked="" type="checkbox"/>	D <input type="checkbox"/>
1	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>	D <input type="checkbox"/>
2	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>	D <input type="checkbox"/>
3	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>	D <input type="checkbox"/>
4	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>	D <input type="checkbox"/>
5	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>	D <input type="checkbox"/>
6	A <input type="checkbox"/>	B <input type="checkbox"/>	C <input type="checkbox"/>	D <input type="checkbox"/>

Von der  
Lehrperson  
auszufüllen

richtig falsch

☐ ☐

☐ ☐

☐ ☐

☐ ☐

☐ ☐

☐ ☐