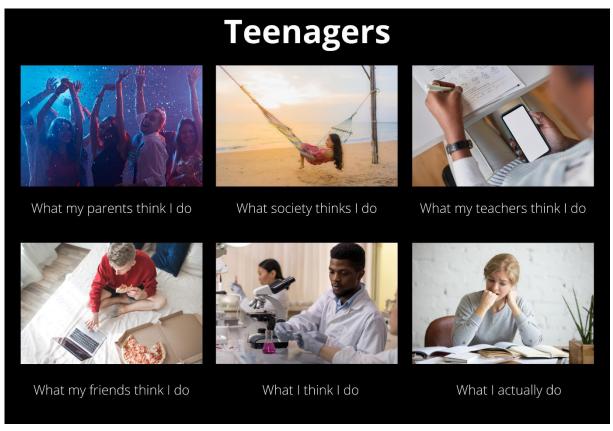


1. Look at the meme and discuss the questions below.



- Are your teenage years the best years of your life? Why (not)?
- Why are there so many conflicting views on what a teenager's life looks like?
- Do you think that today's teens are under more pressure than ever before?
   Why (not)?

| 2. | Read the sentences | below and w | ork out the | meaning of t | he verbs in bold. |
|----|--------------------|-------------|-------------|--------------|-------------------|
|----|--------------------|-------------|-------------|--------------|-------------------|

| a) | They've been <b>struggling with</b> financial issues for many years.            |
|----|---------------------------------------------------------------------------------|
| b) | You need good communication skills to <b>perform</b> these tasks.               |
| c) | They had to <b>go through</b> a lot during their parents' divorce.              |
| d) | I love to <b>hang out</b> with my friends, but I don't have much time to do it. |
| e) | Before you go to sleep, can you <b>check on</b> the kids?                       |

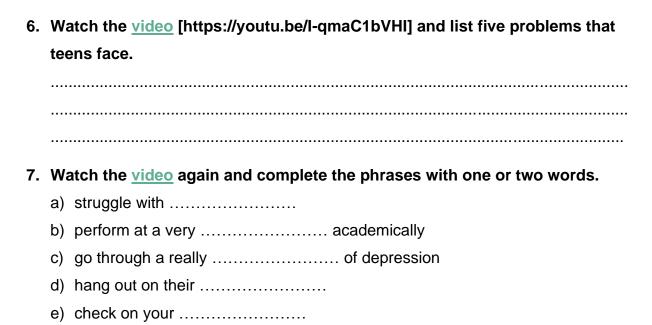


3. Add one more phrase or word to each verb to create collocations. There is one word that can go with two verbs.

| a period of           | anxiety          | in a café |
|-----------------------|------------------|-----------|
| the condition of (sor | nething/someone) | well      |

| a) | struggle with: | issues, difficulties,, ,  |
|----|----------------|---------------------------|
| b) | perform:       | tasks, duties,, ,         |
| c) | go through:    | a lot, a crisis,, ,       |
| d) | hang out:      | with friends, outside,, , |
|    | check on:      | the kids, progress,, ,    |

- 4. Think of one more word or phrase that collocates with the verbs in ex. 3.
- 5. You're going to watch a video called *Speaking Up on Teen Stress*, but first, discuss the questions.
  - What issues might today's teens struggle with?
  - What kind of stressful situations do teenagers go through?
  - Do you think there is enough dialogue about teenage stress and other problems?
  - Who should check on students: parents, teachers or peers?





- 8. Discuss the sentences and say whether you agree or disagree with them. Give reasons.
  - Struggling with teenage mental health is something that is not taken seriously.
  - As a result of a lack of support, kids isolate themselves and hang out on their tablets or smartphones.
  - There has been an increase in expectations towards teens and in what they need to do to succeed.
  - As teenagers come to classrooms every day, teachers should check on them and let them know that they care about them.
  - There is a culture of perfection on social media and as a result people try to show their lives are better than they actually are.
- 9. Complete the sentences below with the words in the box.

because of consequently due to since therefore

| EXPRESSING CAUSE AND EFFECT                                                    |                                                                                                                                      |  |  |  |  |
|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| CAUSE                                                                          | EFFECT                                                                                                                               |  |  |  |  |
| There is lack of support.                                                      | Kids isolate themselves and hang out                                                                                                 |  |  |  |  |
|                                                                                | on their tablets or smartphones.                                                                                                     |  |  |  |  |
| >>> As a result of / a lack of support, kids isolate                           |                                                                                                                                      |  |  |  |  |
| themselves and hang out on their tablets or smartphones.                       |                                                                                                                                      |  |  |  |  |
| >>> Kids isolate themselves and hang of                                        | >>> Kids isolate themselves and hang out on their tablets or smartphones as a                                                        |  |  |  |  |
| result of/ / a lack of support.                                                |                                                                                                                                      |  |  |  |  |
| CAUSE EFFECT                                                                   |                                                                                                                                      |  |  |  |  |
| CAUSE                                                                          | EFFECT                                                                                                                               |  |  |  |  |
| CAUSE  Teenagers come to classrooms every                                      | Teachers should check on them and                                                                                                    |  |  |  |  |
|                                                                                |                                                                                                                                      |  |  |  |  |
| Teenagers come to classrooms every                                             | Teachers should check on them and                                                                                                    |  |  |  |  |
| Teenagers come to classrooms every                                             | Teachers should check on them and let them know that they care about them.                                                           |  |  |  |  |
| Teenagers come to classrooms every day.                                        | Teachers should check on them and let them know that they care about them.  assrooms every day, teachers should                      |  |  |  |  |
| Teenagers come to classrooms every day.  >>> As/ teenagers come to classrooms. | Teachers should check on them and let them know that they care about them. assrooms every day, teachers should they care about them. |  |  |  |  |



| CAUSE                                                                  | EFFECT                             |  |  |  |  |
|------------------------------------------------------------------------|------------------------------------|--|--|--|--|
| There is a culture of perfection on                                    | People try to show their lives are |  |  |  |  |
| social media.                                                          | better than they actually are.     |  |  |  |  |
| >>> There is a culture of perfection on social media and as a result / |                                    |  |  |  |  |
| / people try to show their lives are better than they actually are.    |                                    |  |  |  |  |
| >>> There is a culture of perfection on social media. As a result/     |                                    |  |  |  |  |
| /, people try to show their lives are better than they actually are.   |                                    |  |  |  |  |
|                                                                        |                                    |  |  |  |  |

| 10  | Combine    | the | sentences  | usina  | the | words         | in | the | hrackets  |
|-----|------------|-----|------------|--------|-----|---------------|----|-----|-----------|
| ıv. | COLLIDILIE | uic | 3611611663 | usiliy | uic | <b>WOI US</b> |    | uic | DI acheta |

| a) | Teens have constant access to digital devices. They run away from                  |
|----|------------------------------------------------------------------------------------|
|    | uncomfortable emotions like sadness by playing games or chatting on social         |
|    | media. (therefore)                                                                 |
|    |                                                                                    |
|    |                                                                                    |
| b) | Some teenagers struggle with their emotions and keep them inside. They             |
|    | often don't have anyone to talk to. (since)                                        |
|    |                                                                                    |
|    |                                                                                    |
| c) | There is too much peer pressure to fit in. Teens might make risky choices.         |
|    | (due to)                                                                           |
|    |                                                                                    |
|    |                                                                                    |
| d) | Some teenagers go to sleep very late because they spend time on their              |
|    | phones. They don't get enough sleep. (as a result)                                 |
|    |                                                                                    |
|    |                                                                                    |
| e) | Social media is full of unrealistic body images. A lot of teenagers don't like the |
|    | way they look. (consequently)                                                      |
|    |                                                                                    |
|    |                                                                                    |

11. Read the sentences you created in ex. 10 and, in pairs, come up with some solutions to the problems. Think how parents, teachers and peers can help in each situation.