

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 work out the meaning of the verbs in bold.

a) They've been **struggling with** financial issues for many years.

.....

b) You need good communication skills to **perform** these tasks.

.....

c) They had to **go through** a lot during their parents' divorce.

.....

d) I love to **hang out** with my friends, but I don't have much time to do it.

.....

e) Before you go to sleep, can you **check on** the kids?

.....

Today's teens are going through a lot

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 (something/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?



6. Watch the [video](https://youtu.be/l-qmaC1bVHI) [https://youtu.be/l-qmaC1bVHI] and list five problems that teens face.

.....
.....
.....

7. Watch the [video](https://youtu.be/l-qmaC1bVHI) again and complete the phrases with one or two words.

- a) struggle with
b) perform at a very academically
c) go through a really of depression
d) hang out on their
e) check on your

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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 out on their tablets or smartphones as a result of /..... / a lack of support.	
CAUSE	EFFECT
Teenagers come to classrooms every day.	Teachers should check on them and let them know that they care about them.
>>> As /..... teenagers come to classrooms every day, teachers should check on them and let them know that they care about them. >>> Teachers should check on teenagers and let them know that they care about them as /..... they come to classrooms every day.	

Today's teens are going through a lot

CAUSE	EFFECT
There is a culture of perfection on social media.	People try to show their lives are 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 using the words in the brackets.

- 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)
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-
- 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)
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-
- 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)
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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.