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LEVEL 1

B1 - B2

Why teens argue with their parents

Adolescence is arguably the most difficult period in life, both for teenagers themselves and their parents. For many years things in the family go as planned and your home is filled with an atmosphere of **mutual** love and understanding. Suddenly, there is a person at home who you just can't **get on well with**. Why is that?

The thing which may justify or at least explain those countless **arguments** is biology. The brains of teenagers undergo serious changes that directly affect their behaviour. One of the frequent sources of fights is the sleeping time. Parents should **acknowledge** the fact that while they get sleepy around 10 pm, the brain of adolescents stays active even until 1 am. And it is not like young people need less sleep. **Quite the contrary**, a developing brain requires 9-10 hours of sleep each night compared to just 8 hours of an adult one. This should explain why teens unwillingly get up at 7 am during weekends, even if they used to be **early birds**.

Of course, the sleeping pattern is not the only thing a teenager will argue about. In fact, they can fight over literally anything. The wrong pair of jeans, a spot on the face, the wrong toothpaste, or a phone charger that's too slow. It's hard to accept, but it's normal. The parts of the brain responsible for emotional responses develop faster than those that control logical thinking, which is why an average teenager is often extremely dramatic about seemingly unimportant issues.

To make things worse, it is at this time of life that people want to become more independent. Since parents are still used to setting rules and keeping their kids safe, **misunderstandings** are very common.

Finally, there is school. Mums and dads want to know as much as possible — both about their kids' performance and social circles - who they **hang out** with, and whether they have a boyfriend or girlfriend. However, learning a lot and being constantly judged by **peers** is so stressful for teens that they just can't stand hearing "How was school?" again.

From the perspective of a parent, all this sounds scary and discouraging, but don't lose hope. Once a teenager reaches adulthood, your relationship will get back to normal.

RETELL

Why do many teenagers stay up till late?

Do teenagers need more or less sleep than adults?

Why do teenagers often get dramatic about unimportant things?

Why do teenagers want to break the rules?

Why shouldn't you keep asking an adolescent about school all the time?

DISCUSS

Parents can avoid conflicts with their teenage children.

ARGUMENT BANK

Can talking about things like alcohol help?

Is it easier for teenagers to accept the rules if their parents give them a good example?

Could it help if parents negotiated the rules with teens (instead of demanding their execution)?

Are some reasons for fights just unpredictable?

Is it possible for an adult to understand a teenager?

Is it possible not to have a fight when you see that your kid is doing something harmful?

Make notes!

DEFINITIONS

Put the right letters next to the definitions.

A) adolescence; **B) mutual;** C) to get on (well) with; **D) argument;** E) to acknowledge; **F) quite the contrary;** G) early bird; **H) misunderstanding;** I) to hang out; **J) peer**

1) a disagreement
_____
2) to spend a lot of time with someone
_____
3) feeling the same emotion
_____
4) a person who rises very early
_____
5) a failure to understand someone's intentions
_____
6) to have a friendly relationship
_____
7) the period of growing up
_____
8) to recognize; to accept
_____
9) a person who is the same age
_____
10) in opposition to what has been said

GAPS

Say/Write full sentences by filling in the gaps with the correct forms of the phrases from the exercise above.

1) When we were at a party,
John and Rebecca got into a nasty _____ .

2) A partnership can be successful only if it's based on _____ respect and trust.

3) I spent my childhood and _____ in France.
That's why I'm bilingual.

4) Teenage girls are said to be less self-confident than their male _____.

5) I like to _____ with my pals a little longer after school.

6) You won't lose your money if you invest with us. _____, you'll have an amazing return on your investment.

7) We lost touch after that awful _____ that happened during our holidays.

8) They say an _____ catches the worm.

9) I didn't _____ my brother when we were kids, but now we are friends.

10) It was hard for me to _____ that I was guilty.

Write down 5 arguments FOR.

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☑ .....
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☑ .....
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Write down 5 arguments AGAINST.

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Write down the words you will use in your essay/speech.

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