

Київський національний університет імені Тараса Шевченка
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YOUTH: PROBLEMS AND CHALLENGES



Навчально-методична розробка
з практики англійської мови
для студентів II курсу ОС Бакалавр

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Тема для розвитку усного мовлення, що представлена у розробці, є складовою другого навчального модуля 4 семестру, відповідно до програм таких навчальних дисциплін: «Іноземна (західноєвропейська) мова. Практичний курс: комунікаційний рівень» (ОП «Українська мова і література та західноєвропейська мова»), «Іноземна мова: комунікативний рівень» (ОП «Класична філологія та іноземна мова»), «Англійська мова» (ОП «Прикладна (комп'ютерна) лінгвістика та англійська мова») та інших, розроблених згідно з навчальним планом Інституту філології Київського національного університету імені Тараса Шевченка.

Метою навчально-методичної розробки є подальше удосконалення рецептивних та продуктивних навичок мовлення. На основі автентичних матеріалів текстів та відео, запозичених з англійських Інтернет сайтів, розроблено вправи на закріплення лексичного матеріалу та розвиток комунікативних навичок.

Укладачі пропонують методичну розробку одного модуля, поділеного на чотири логічні складові частини, кожна з яких містить завдання на говоріння, читання, аудіювання та письмо. Різноманітність завдань дає змогу викладачеві творчо підходити до вибору матеріалів, враховуючи потреби та рівень знань студентів, забезпечує достатню кількість текстів, відеоматеріалів та лексичних вправ для самостійної роботи студентів.

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UNIT 1. YOUTH IS FULL OF PLEASURE?!

Everybody's youth is a dream, a form of chemical madness.

F. Scott Fitzgerald

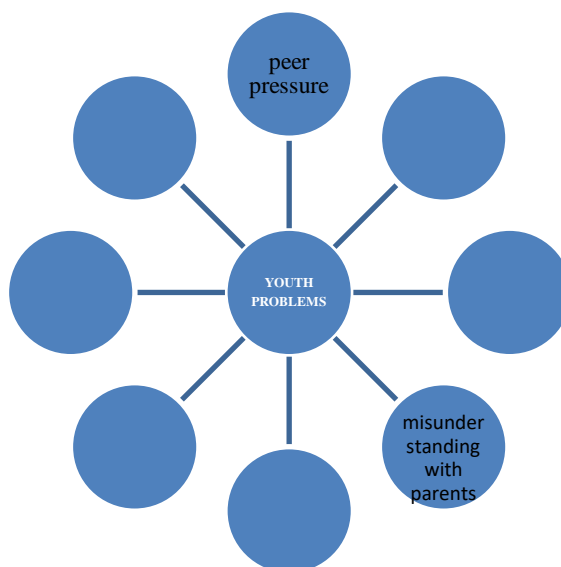


SPEAKING

❖ The teenage years can be both difficult and wonderful. What are some of the things you like about being a teenager and what makes you sad now and then? Fill in the table below and discuss with your partner similar and different points in your lists.

I like being a teenager because...	I don't like being a teenager because...
1)	1)
2)	2)
3)	3)

❖ Using the ideas you have collected complete a mind map of teenage and youth problems.



❖ Range the problems you have listed in order of their importance to you. Explain your choice, using the following adjectives:

- big
- major
- difficult
- urgent
- serious
- painful
- minor
- burning
- chief
- key
- important
- baffling
- recurring
- troublesome
- challenging

READING

It's common knowledge that youth is the best time of your life, that being young means romance, love, new discoveries and so on. But it is also the most difficult time because you have to make some very important decisions, which will influence all your future life.

Task 1. Match the words and expressions with their meanings.

- | | |
|------------------------------|--|
| 1) to lead to | a) not having or earning much money |
| 2) consequences | b) physically and mentally dependent on a thing |
| 3) perceived injustice | c) the results or effects |
| 4) living conditions | d) causing anxiety or concern |
| 5) addicted to | e) to accept that something unpleasant is true |
| 6) parental supervision | f) the most important phase of life |
| 7) curious | g) eager to know or learn something |
| 8) to validate | h) the state of relying on something or being controlled |
| 9) fundamental stage of life | i) to make valid |
| 10) worrisome | j) to depict or describe |
| 11) to portray | k) condition of having too much fat |
| 12) dependence | l) to cause smth |
| 13) low family income | m) technique that involves looking after |
| 14) obesity | n) the circumstances affecting the way people live |
| 15) to face | o) not deserving the results |

Task 2. Read the text. Complete it with the correct forms of the words and expressions above.

Teenage is a (1)_____ that each human being passes through. Some people (2)_____ this period of their life strongly and positively, while others face many problems and difficulties. This depends on the environment these young adults live in, their parents, their friends, their (3)_____, their education, and many other factors. Teenagers face many problems such as becoming (4)_____ drugs and alcohol, being influenced negatively by their peers, self-image and weight, or even arguments with their parents. Not only do they want to discuss a (5)_____, but many times they feel parents don't trust them. Teens are trying to learn how to be an adult and navigate the world without (6)_____, this is a common problem to arise.

Teenagers' tastes and preferences are different from those of their older generations. Young people's values have been seriously transformed since the past decade. Youth's perception of the world is different from their previous generations. Therefore, particular communication tools are needed to appeal to their feelings and tastes.

Economic situation in most regions and (7)_____ don't let the teens take proper physical and intellectual activities, which impacts the growth of a teen-aged child. Being popular is a goal that all teenagers want to achieve. Being popular also means that you have to do all of the things that the popular kids do, like drinking or smoking cigarettes once in a while. It is also important (8)_____ their feelings. Rather than just saying "no" it's important to listen to why they broke their curfew or want to attend that party.

Smoking cigarettes and drinking just a little (9)_____ worse things like drinking more, and trying drugs. Once they're addicted, their life begins to fall apart. School grades drop, they are not studying at night any more, they don't pay attention in class, and they don't do the assigned work. They don't take care of themselves, they don't eat right, and they don't care about their appearance as much as before. Young people find themselves drinking and using drugs all the time. Not only

is it important to talk with teens about risky behaviors and the (10)_____, but there is a need to watch for signs of addiction.

Over the past ten years, statistics have shown that the violence among young people is increasing every year. Many people blame musicians and other types of artist who (11)_____ negative actions as something positive. Others might blame the parents for not watching over their children. But many people fail to bring up technology as an issue. With computers that give kids access to unauthorized sites, technology is something that many parents need to look out for. Violent video games can also have a major impact on a child's thinking and actions. In many ways video games have had a negative impact on young children in today's society.

This (12)_____ could cause serious health problems such as (13)_____ and diabetes. These health problems can be seen especially in smaller children.

Everyone pretty much knows that smoking is bad for them. Smoking is a hard habit to break because tobacco contains nicotine, which is very addictive. The body and mind quickly become so used to the nicotine in cigarettes that a person needs to have it just to feel normal. People start smoking for a variety of different reasons. Some may start because they are (14)_____. Some think it looks cool. Others start because their friends and family members smoke.

Parents want their children to hang out with the right kind of crowd. But teens want to be able to make their own friend choices. While hanging out with the wrong crowd can be (15)_____, parents need to focus on their teen's behavior rather than the behavior of their friends.

So, it is important for teenagers to remember that help is available and there are a lot of options in life. Being young we can explore a variety of different things and see what types of things we really love.

<https://www.bartleby.com/essay/Common-Teenage-Problems-FKN3S5ZTJ>

Task 3. Answer the following questions.

- 1) What teenage problems are mentioned in the text?
- 2) Why do they have them?

- 3) Why do teenagers want to be popular?
- 4) How can parents cope with the bad habits of their children?
- 5) Are there more advantages or disadvantages during this period of life? Explain why.

Task 4. Fill in the gaps with the prepositions where necessary.

- 1) Very often teens feel parents don't trust _____ them.
- 2) Teens are trying to learn how to be an adult and navigate the world _____ parental supervision.
- 3) Teenagers' tastes and preferences are different _____ those of their older generations.
- 4) Particular communication tools are needed to appeal _____ their feelings and tastes.
- 5) Not only is it important to talk with teens about risky behaviors, but there is a need to watch _____ signs of addiction.
- 6) Some people might blame the parents _____ not watching over their children.
- 7) Parents want their children to hang _____ with the right kind of crowd.
- 8) Parents need to focus _____ their teen's behavior rather than the behavior of their friends.

VIDEO

The Greatest Issues Facing Young People

a) Watch the video (<https://www.youtube.com/watch?v=y59kKzzbh5U>) and tick the problems mentioned by the young people as 'the greatest issues facing their generation'.

Generation gap	Technological advances
Obesity	Tolerance to other religions
Apathy	Social media influence
Depression	The lack of stability
Being independent	Environmental issues

Violence

Speeding and traffic

Inferiority complex

Not being an individual, following trends

The lack of sympathy

Unemployment

b) Name the issues that are mentioned more than once.

c) If you were asked to name only one greatest issue of your generation, what would be your choice? Give some reasons to support your opinion.

SPEAKING

❖ *Comment on the quotes:*

1) “Youth is the best time to be rich, and the best time to be poor.” *Euripides*

2) “In youth and beauty wisdom is but rare!” *Homer*

3) “You are only young once, and if you work it right, once is enough.” *Joe E. Lewis*

4) “The young do not know enough to be prudent, and therefore they attempt the impossible, and achieve it, generation after generation.” *Pearl S. Buck*

5) “This world demands the qualities of youth: not a time of life but a state of mind, a temper of the will, a quality of imagination, a predominance of courage over timidity, of the appetite for adventure over the love of ease.” *Robert Kennedy*

READING

Task 5. Read an extract from the article in “The Guardian” and give comments on its content. Name teenage problems mentioned in it.

It’s never been easy being a teenager.

But is this now a generation in crisis?

By Tracy McVeigh, 2016

In 1976, the pioneering Open Door charity for young people with mental health problems launched. Forty years on, it’s asking whether it’s harder than ever to be an adolescent.

Mollycoddled and **cosseted** or stressed and over-pressured. Energised and engaged or bored and **turned off**. Young people have so many labels and stereotypes slapped on them it's a wonder these are not visible on their endless selfies. What is undeniably true is that the evidence suggests that rates of depression, self-harm and anxiety among young people are at unprecedented levels.

Youth unemployment is more than 13%, the cost of higher education is rapidly rising, a drought of affordable housing coupled with low pay is keeping many young people **sealed under the parental roof** and trapped in what one report called "**suspended adulthood**". The ubiquity of the internet and social media, with its pornography, body shaming and cyberbullying, is **encroaching on** their wellbeing, while a relentless focus on academic high-achieving is turning up the pressure in the classroom. Youth, traditionally thought of as the most **enviable** time of life, can now look like a deeply challenging and sometimes unpleasant time of life.

But is the experience of adolescence – defined as the period after childhood, from puberty to maturity – any tougher now than it was for previous generations? And when does it stop, given that some experts argue that full intellectual maturity is reached at the age of 27.

Open Door charity has helped thousands of young people with therapy and support with problems including depression, anxiety, self-harm, drug and alcohol misuse, eating disorders, psychosis, sexuality and gender identity issues since it opened in 1976. Its director Julia Britton, one of the capital's leading consultant child and adolescent psychotherapists, says demand for its services is greater than ever. "We are operating with a constant **waiting list** of around 100, we can't even meet local demand. Parts of the country have nothing at all for young people with mental illness. The lack of provision is a huge issue for now, and a huge issue being **stored up** for the future."

She says many of the issues facing young people have not changed. "I look at myself as a teenager in the 1970s and so many issues were around: teen pregnancies, drug and alcohol misuse, psychotic breakdowns, financial and identity pressures. But there are many differences, too. The context certainly is different. I think there are far more pressures educationally, more sense that it's all **hinged on** one exam, and certainly

teachers are hugely concerned about the mental distress they are seeing. Then there's **cyberbullying** where you can't switch off and you can't get away. Pornography, a normal part of development, is now very far removed from *Playboy*. A lot of young people are disturbed by what they see online.

"The internet is both helpful and not. If young people type in 'self-harm', they can either go to a Young Minds website where they will be offered help and support, or to a destructive group which is discussing how to self-harm and hide eating disorders. So it's good and bad," she says.

The sense of a **struggling generation** has undoubtedly taken on new dimensions. Last week a poll by the charity Young Women's Trust found that "suspended adulthood" was affecting the mental health of one in three 18-to-30-year-olds who felt worried about the future and under financial pressures due to low pay and lack of work or opportunities. More than half of the 4,000 surveyed were having to live at home with their parents.

Leigh Wildman, a therapist and support worker for young people with special needs, is 54. "I often wonder about whether I'd be on computer games if I'd been a teenager now instead of climbing trees, kicking a tin can down the road and making camps as we did then. Then later on there was music, of course, counter-culture music and art which rescued me. I left school at 15, but in those days you could go round the industrial estate and get a job and I did lots of jobs before taking off **hitchhiking** round Europe when I was 18," she says.

"My mum was pleased, but I feel young people today are much more fearful. They stay at school longer, at home longer, and the world looks very daunting. They have to **knuckle down** at school and there's no space to be light-hearted or to drift a little, to find out who they are, what kind of people they like. I had time for that, and I'm very glad I did," adds Wildman.

<https://www.theguardian.com/society/2016/sep/24/teenagers-generation-in-crisis>

FOLLOW-UP

Task 6. *Read through the article once more, look at the words and word-combinations in bold and work out the meaning of any that you don't know. Check with your dictionary.*

Task 7. *Arrange the words in suitable pairs and explain their meaning. Recall the context they are used in.*

- | | |
|---------------|----------------------------|
| 1) undeniably | a) generation |
| 2) sealed | b) dimensions |
| 3) suspended | c) true |
| 4) social | d) list |
| 5) waiting | e) down |
| 6) struggling | f) under the parental roof |
| 7) knuckle | g) adulthood |
| 8) new | h) media |

Task 8. *Match the word with its meaning.*

- | | |
|-------------------|---------------------|
| 1) to mollycoddle | 6) relentless |
| 2) undeniably | 7) ubiquity |
| 3) puberty | 8) anxiety |
| 4) adolescence | 9) daunting |
| 5) maturity | 10) to knuckle down |

- a) the fact that something or someone seems to be everywhere
- b) to give too much care or protection
- c) an uncomfortable feeling of nervousness or worry about something that is happening or might happen in future
- d) to start working or studying hard

- e) the stage in people’s lives when they develop from a child into an adult because of changes in their body that make them able to have children
- f) making you feel slightly frightened or worried about your ability to achieve something
- g) in a way that is certainly true
- h) the quality of behaving mentally and emotionally like an adult
- i) the period of time in a person’s life when they are developing into an adult
- j) continuing in a severe or extreme way

Task 9. Insert the prepositions where necessary.

- 1) Young people have so many labels and stereotypes slapped ___ them it’s a wonder these are not visible ___ their endless selfies.
- 2) Many young people are sealed ___ the parental roof and trapped ___ what one report called “suspended adulthood”.
- 3) The ubiquity of the internet and social media is encroaching ___ their wellbeing, while a relentless focus ___ academic high-achieving is turning ___ the pressure in the classroom.
- 4) Adolescence is defined as the period after childhood, ___ puberty ___ maturity.
- 5) Then there’s cyberbullying where you can’t switch ___ and you can’t get ___.
- 6) The sense of a struggling generation has undoubtedly taken ___ new dimensions.
- 7) “Suspended adulthood” is found to be affecting ___ the mental health of one in three 18-to-30-year-olds who felt worried ___ the future and ___ financial pressures due ___ low pay and lack ___ work or opportunities.
- 8) They have to knuckle ___ at school.

VIDEO

Top 10 Problems Facing Our Youth Today

a) You are going to watch the video about top 10 problems facing American youth today. Before watching read the glossary and define the meaning of unknown words and expressions.

To make ends meet; to be / become subject to; to get high; to partake in smth; to be bombarded with smth; to be wiped out; culprit; endeavour; safe haven; to perpetuate smth; to be discarded; devastating consequences; educational disparity; to have access to smth; to lag behind; blue-collar job; sustainable income

b) Watch the video using the link <https://www.youtube.com/watch?v=kO9SIUDmFz4> Check your understanding of the video marking the sentences true or false. Provide some details from the video.

- 1) Trying to make ends meet takes time of single parents – time that is spent away from children who need their influence.
- 2) Without parents' diligent guidance, children become subject to higher dropout, higher risk of dangerous sexual behaviors and pregnancies, higher chances of drug and alcohol abuse.
- 3) Smoking, drinking and using drugs is shown in the media as being 'cool'.
- 4) Nowadays kids enjoy being kids.
- 5) The movies, TV, the Internet – everywhere a kid turns, he or she is bombarded with sexual suggestions.
- 6) Kids are having sex at the age of 16-17, without teen pregnancies.
- 7) In many instances, especially in low income, urban settings, schools can be a war zone with bullying and even serious violence.
- 8) In the last decade 20 kids were murdered due to school violence.
- 9) Kids are taught that the measure of success and happiness in life is how much stuff we have.
- 10) The concept of 'earning' what you get or the idea that there is something 'you don't need' is very popular today.
- 11) Recent numbers show that 50% of American children are obese.
- 12) All the children as well as the citizens of the USA have the same access to the American Dream.
- 13) The youth in the US cannot graduate or even dropout of school without going through the pains of a low income job.

14) Poverty impedes learning and contributes to social and behavioral problems.

c) Watch the video once more and using the expressions above compare the problems of youth in the US and in Ukraine.

d) Comment on the expression 'It takes a village to raise a child' that was used in the video.

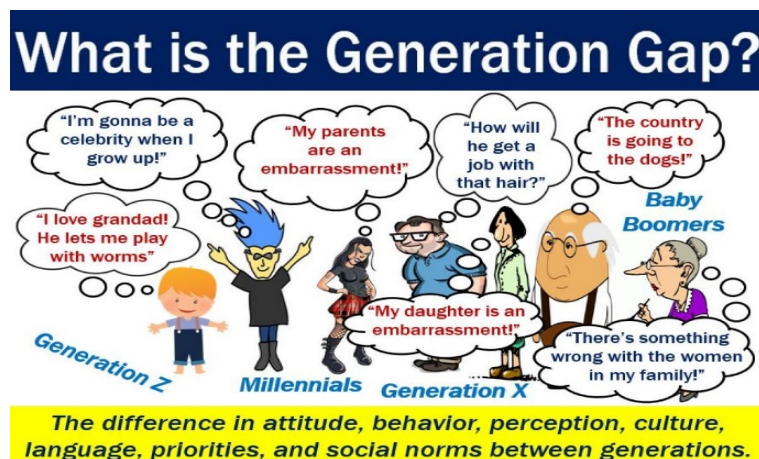
WRITING

Go to page 62 (Appendix), look through the list of quotations, choose any to your liking and write a paragraph expressing your view on the chosen quote.

UNIT 2. GENERATION GAP

Each generation imagines itself to be more intelligent than the one that went before it, and wiser than the one that comes after it.

George Orwell



SPEAKING

- ❖ What does 'generation gap' mean?
- ❖ Is there any generation gap between you and your parents (grandparents)?
- ❖ Comment on the following quotation: *'A father must lead his children; but first he must learn to follow. He must laugh with them but remember the ache of childhood tears. He must hold the past with one hand and reach to the future with the other so there can be no generation gap in family love.'* (June Masters Bacher)

READING

Task 1. *Read the text and complete the assignments that follow. Does your understanding of 'generation gap' coincide with the point expressed in the text?*

Generation Gap

What is it "generation gap"? Generation gap is a conflict that arises between one generation and the other. For example, many grandparents don't approve of their grandchildren's manners of behavior and clothes styles. The thing is, every generation has its stereotypes and standards of the world perception.

Generally, parents don't **take their children for granted** and don't **turn the blind eye** to their rudeness. They just don't understand that this rudeness comes from the painful transformation of the kid from a "caterpillar" to a "butterfly". Parents don't want to realize it, but on the contrary they want everything to be according to their demand – as they wish. Parents usually try to impose their will on a juvenile and **in the long run** they regret doing it.

As a rule such situations happen in all but (almost) every family. A teenager wants **to break free**, whereas a parent is anxious to protect his or her offspring from a dangerous and ruthless world. It is so and it will be so because "leaving a nest" is **no mean feat** for both parents and children.

A generation gap refers to the chasm that separates the thoughts expressed by members of two different generations. More specifically, a generation gap can be used to describe the differences in actions, beliefs, and tastes exhibited by members of younger generations, versus older ones.

The subjects at hand may be vast and varied but can include politics, values, and pop culture. While generation gaps have been prevalent throughout all periods of history, the breadth of differences of these gaps has widened in the 20th and 21st centuries.

<https://www.investopedia.com/>

FOLLOW-UP

Task 2. Explain the meaning of the expressions in bold.

Task 3. Match the words with their definitions.

- | | |
|---------------------|---------------|
| 1) stereotype | 6) chasm |
| 2) standard | 7) belief |
| 3) world perception | 8) value |
| 4) no mean feat | 9) prevalent |
| 5) a juvenile | 10) offspring |
- a) an acceptance that a statement is true or that something exists.
b) estimate the monetary worth of (something).

- c) sample, model
- d) a deep fissure in the earth, abyss
- e) a man's pre-formed mental assessment of something,
- f) a child under the age of maturity
- g) a person's children, the young of an animal
- h) vision and attitude to the world
- i) widespread in a particular area at a particular time
- j) a considerably great, difficult, or noteworthy achievement or outcome

VIDEO

Understanding Generation Gap

a) Watch the video (<https://www.youtube.com/watch?v=PAJytr0OZQU>) and name the reasons behind the generation gap mentioned in the video.

b) Watch the video again and complete the sentences.

- 1) Generation gap is difference in _____ and _____ between people of different generations.
- 2) Old generation would accuse the new of being _____ and lacking in _____.
- 3) The new generation would accuse the old of being too _____ and _____.
- 4) Generation gap didn't exist in the _____ society when there was little social _____.
- 5) The significance of the generation gap was realized only in _____ _____ _____ when _____ _____ led to massive changes in the social environment.
- 6) Father and son were separated by different _____.
- 7) Today the pace of change has only _____.

c) Comment on the memes demonstrated at the end of the video.

SPEAKING

- ❖ Comment on the following quotations from J. K. Rowling: “*Youth cannot know how age thinks and feels. But old men are guilty if they forget what it was to be young.*”, “*Age is foolish and forgetful when it underestimates youth.*”
- ❖ Have you ever encountered any problems in communicating with your parents? What were they? How did you manage to resolve them?

READING

Task 4. Read the text below. Match the following headings A-I to the paragraphs 1-6. There are three choices you do not need to use.

- A. Arguing
- B. Setting Boundaries
- C. Following the Rules
- D. Asserting Independence
- E. Lack of Understanding
- F. Keeping Emotions in Check
- G. Teen Experimentation
- H. Lack of Communication
- I. Teaching Emotional Intelligence

Common Problems between Parents and Teenagers

Conflicts between parents and teens are nothing new. Whether it's curfew, cell phones or even friends, conflicts can and will arise.

Reasons for problems between teenagers and parents vary greatly since each situation is different. However, there are a few common



areas where teens and parents find the most conflict.

1. _____ Teens are striving to find independence anyway they can. From fashion to activities, teens want to control their lives. Since teens are trying to learn how to be an adult and navigate the world without **parental supervision**. Parents are afraid of this and they try to control their children even more. This decoupling gradually creates more and more conflict situations.

2. _____ Going along with asserting their independence, teens are ready to prove their point. Whether they are told they can't go out today or they need to do their homework, adolescents are ready to argue. Not only do they want to discuss a **perceived injustice**, but many times they feel parents don't trust them. Very often, parents refuse to listen to their teenagers, believing that their point of view is too light-hearted. "I'm older and I'm smarter," they say. This makes teens argue too.

3. _____ Many times, it feels like parents and teens are on two different planets or speaking two different languages. Phrases like "you don't understand," or "it's like you don't even listen to me," are phrases parents hear over and over. Teens don't feel that parents listen to them or understand their feelings.

4. _____ Boundaries are important for teens to grow up healthy and happy. Teens, however, are testing their limits. They are trying to push their boundaries and **wade the murky waters of the adult world**. Against the background of the above problems, the boundaries of adolescents are becoming forbidden for parents. However, the elders do not want to put up with it.

5. _____ Emotional management isn't just important for teens but parents too. Teens are excellent **button pushers**. It's important to remain calm when even if your teen isn't. Emotional control refers to both sides. Very often, parents believe that they have the right to raise their voice to their children, but children, in their opinion, cannot do this. This creates even more conflicts.

6. _____ Teens are going to experiment. Whether they're driving fast or experimenting with drugs, risky behaviors can **lead down a slippery slope** to injury or addiction. This can come from asserting independence, stress, boredom or just curiosity.

However, this is something that needs **to be kept in check**. It is important to talk with teens about risky behaviors and the consequences.

FOLLOW-UP

Task 5. Explain the meaning of the words and expressions in bold. If necessary, look them up in the dictionary to find the definition.

Task 6. Find the synonyms in the text to the following words:

- | | |
|----------------|-------------------------------|
| a) unfairness | e) result, effect |
| b) dispute | f) to stand up for, to defend |
| c) to tolerate | g) in the context of |
| d) to try hard | h) to reject |

Task 7. Fill in the gaps with the words from the box.

solutions, adolescence, independence, arguments, roof, process

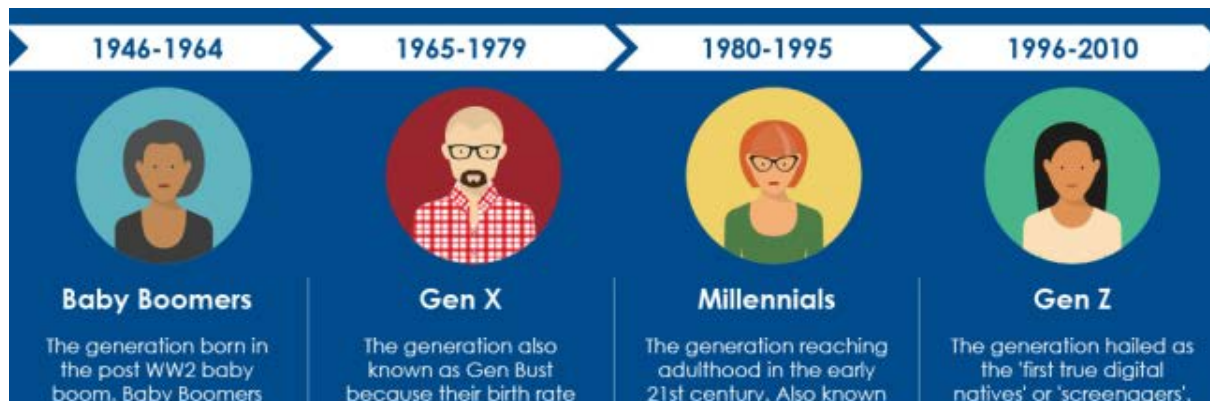
Conflict is the normal (1)_____ through which people resolve differences. When people live together under the same (2)_____, there are bound to be disagreements and (3)_____ because everyone wants to be heard. This is one of the most common teenage problems with parents which may lead to conflict.

This can increase during (4)_____ in particular, as it's normal for teenagers to seek (5)_____ and separation from their parents. Other causes of family fighting can be differences in opinions, poor communication, changes in the family (such as a new baby or divorce) or discipline issues.

There are no magic, easy (6)_____. However, a parent is wise to communicate absolute support to a young teenager by letting them know that you love them and will always be there for them.

SPEAKING

❖ Look at the picture below. Describe what you see in it. Have you heard about such a division of generations? What do you know about it?



READING

Task 8. Read the text and complete the assignments that follow.

GENERATIONS

The Baby Boomers, aka flower children

Baby boomers - born between 1945 and 1964 - are called this because they were born during the baby boom, the period in which the birth rate shot up in a number of Anglo-Saxon countries, above all the United States, Canada and New Zealand, after the end of the Second World War.

They went through the entire period of technological evolution and the rise and development of the media, as well as enjoying stability in terms of both work and family and being active both physically and mentally. In spite of having adapted to a world ver. 4.0, they are less dependent on smartphones than the next generations.

This generation values relationships, as *they did not grow up with technology running their lives*. Baby Boomers grew up making phone calls and writing letters, **solidifying strong interpersonal skills**. Yet as they got older, they actually became fluent in technology and now use cell phones and tablets. The difference is *they use these technologies as productivity tools* as opposed to connectivity, an idea that came from the Millennial generation.

Generation X, aka the lost generation

Generation X includes those born between 1965 and 1981, during the reconstruction of Europe after the war. Their life has not been easy, since, after a period of upheaval, finding a job was a great challenge. *To work and produce* was their philosophy of life, leaving no room for idealism. Individualism, ambition and an addiction to work — or being a workaholic — are the values with which they grew up.

This generation delayed marriage and childbearing to focus on developing themselves first. They are the first generation to value **work-life balance**, possibly in response to experiencing the consequences of their parents' workaholicism — their broken homes.

The Millennials, aka the narcissistic tech gurus or Generation Y: Digital Natives

Also known as **digital natives**, millennials are those born between 1982 and 1994 and technology is part of their everyday lives: *all their activities are mediated by a screen*. The concept of *on* and *off* is completely integrated into their lives. However, they were not born into it; *they migrated to the digital world from the analogue one in which they were living*.

However, the millennial generation is labelled as being lazy, narcissistic and spoilt. In fact, in 2014, Time magazine labelled them as the *me-me-me generation*. They are known as confident and depressed.

The first generation to reach adulthood in the new millennium, Millennials are the *young technology gurus* who thrive on new innovations, startups, and working out of coffee shops.

This **blog-savvy generation** was raised by parents who were not authoritative, but rather saw themselves as partners. *The Millennials grew up making the rules rather than having their parents tell them what is right*. Their lives are now run by their smart gadgets, their **third appendage**.

These people date through online dating websites. The Millennials may be known as successful and driven, but their **marriage to technology** has nearly destroyed their interpersonal skills and, as a result, depression is rampant in this generation.

In the workplace, Millennials strive for flexibility rather than a higher tax bracket. They want more vacation time, casual dress, and the flexibility of working from home rather than the office. *They are all about working smarter, not harder.*

The Z or Centennial Generation

Generation Z or the post-millennial generation will take the lead in a few decades. Also labelled as centennials, for having been born into the world at the turn of the century — the oldest were born in 1995 and the youngest in 2010 — *they arrived with a tablet and a smartphone under their arms.*

But what is Generation Z? It is a group of people that is marked by the Internet. It is part of their DNA: it storms into their homes, their education and their way of socializing.

Their **mastery of technologies** may make them *neglect their interpersonal relationships* to a greater extent, but they are the ones who give more of a voice to social causes on the Internet. They like to get everything they want immediately, a fact fostered by the digital world in which they are immersed, and their lifestyle is also influenced by youtubers.

They multi-task, but their attention span is limited.

<https://www.psychologytoday.com/us/blog/the-truisms-wellness/201602/baby-boomers-generation-z>

FOLLOW-UP

Task 9. Explain the meaning of the expressions in bold.

Task 10. Match the words with their definitions.

- | | |
|-----------------|---|
| 1) a birth rate | a) to try very hard to do something or to make |
| 2) childbearing | something happen, especially for a long time or |

- | | |
|---------------------|--|
| 3) a workaholic | against difficulties |
| 4) to thrive | b) to become the leader, to advance into first place |
| 5) to strive for | c) the process of giving birth to children |
| 6) to take the lead | d) the length of time that someone can keep their thoughts and interest fixed on something |
| 7) to immerse | e) a great change, especially causing or involving much difficulty, activity, or trouble |
| 8) to multi-task | f) a person who compulsively works excessively hard and long hours |
| 9) upheaval | g) the number of live births per thousand of population per year |
| 10) to mediate | h) to be successful |
| 11) attention span | i) to talk to two separate people or groups involved in a disagreement to try to help them to agree or find a solution to their problems |
| | j) to involve oneself deeply in a particular activity |
| | k) to deal with more than one task at the same time |

Task 11. Find in the text the synonyms to the following words.

- | | |
|------------------------|-----------------|
| a) to increase | d) overindulged |
| b) to strengthen | e) uncontrolled |
| c) to be characterized | f) encouraged |

Task 12. Complete the sentences with a suitable word or words from the text.

- 1) They went through the entire period of technological _____ and the rise and development of the _____, as well as enjoying _____ in terms of both work and family and being active both physically and mentally.
- 2) Baby boomers value _____, as they did not grow up with technology running their lives. They use technologies as productivity _____ as opposed to connectivity, an idea that came from the Millennial generation.

- 3) Generation X delayed _____ and _____ to focus on developing themselves first. They are the first generation to value _____-_____ _____, possibly in response to experiencing the consequences of their parents' workaholism.
- 4) The Millennials migrated to the _____ _____ from the analogue one in which they were living.
- 5) The millennial generation is labelled as being lazy, narcissistic and spoilt. Time magazine labelled them as the _____-_____ -_____ generation.
- 6) The Millennials grew up making the _____ rather than having their parents tell them what is right.
- 7) The Millennials may be known as successful and driven, but their marriage to _____ has nearly destroyed their interpersonal skills.
- 8) The mastery of technologies may make generation Z _____ their interpersonal relationships. They multi-task, but their _____ _____ is limited.

VIDEO

Bridging the Gap between Generation Z and Generation Y

a) Before watching the video (<https://www.youtube.com/watch?v=p656FvLHupY>), read the following words and expressions, match them with their meanings. If you don't know the meaning, look up in the dictionary.

- | | |
|-------------------|---|
| 1) aspiration | a) famous, respected, or important |
| 2) dummy | b) the advantages or good characteristics of a situation |
| 3) indispensable | c) a thing that seems to be real but is only a copy of the real thing |
| 4) innermost | d) 'never grow up' |
| 5) eminent | e) too important to be without |
| 6) bright side | f) a strong desire to have or do something |
| 7) chase unicorns | g) most secret and hidden |

b) What three major mindset differences between Gen Z kids and Gen Y parents are mentioned in the video? Complete the table.

Differences	Core ideas	
	Gen Y	Gen Z
1.		
2.		
3.		

c) Watch the video once more and fill in the gaps of Dos and Don'ts recommended to the parents of a Gen Z child.

- 1) don't take kids' _____ away
- 2) don't "because _____ _____ _____!" on them
- 3) don't hold back their _____ and _____
- 4) do respect their _____, including online
- 5) don't _____ them with long talks

d) What famous people are mentioned in the video as the idols for each of the generations?

WRITING

Write an essay providing solutions to one of the problems that can arise between children and their parents. Stick to the following plan and use the language from the box.

PLAN

<p>Introduction</p> <p>(Paragraph 1) state the problem</p>
<p>Main Body</p> <p>(Paragraph 2) 1st solution to the problem with example and expected result</p> <p>(Paragraph 3) 2nd solution to the problem with example and expected result</p>

Conclusion

(Paragraph 4) summarise the solutions and state your opinion

USEFUL LANGUAGE

Listing points

To begin with, / Firstly, / First of all, / In the first place,
Secondly, / Lastly, / Finally,

Introducing suggestions / recommendations to solving the problem

One way of solving the problem...

Another helpful suggestion / idea would be to...

I think it would be a good idea to...

I suggest / recommend + Gerund / that

Perhaps we / you could ...

Expressing the result of suggestions

This would mean that / lead to / result in ...

As a result, / Consequently,

By doing this, / In this way, we / you could ...

The result / effect of this would be...

Concluding

In conclusion, / To conclude, / To sum up,

All in all, / All things considered, / Taking everything into account/ consideration,

On balance, I would say (that)...

UNIT 3. THE IMPACT OF SOCIAL MEDIA

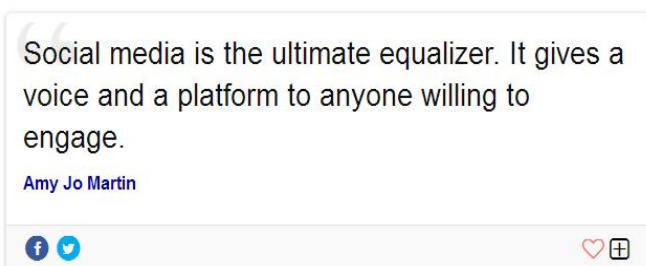
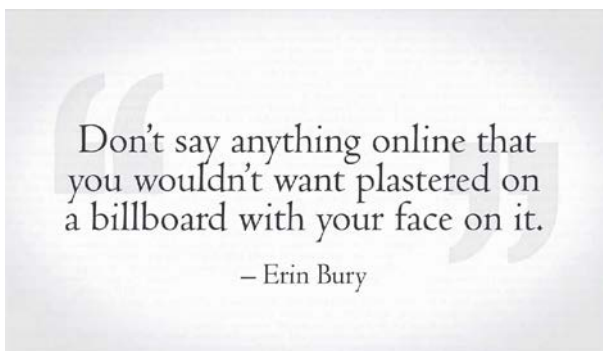
Social networks aren't about Web sites. They're about experiences.

Mike DiLorenzo, NHL social media marketing director



SPEAKING

- ❖ Do you agree that social media have a great impact on youth nowadays? Why/why not?
- ❖ Name the advantages and disadvantages of using social media.
- ❖ Read the following quotations about social media and match them with the meanings implied in them. Which of them do you agree with?



When I hear people debate the ROI of social media? It makes me remember why so many business fail. Most businesses are not playing the marathon. They're playing the sprint. They're not worried about lifetime value and retention. They're worried about short-term goals.

Gary Vaynerchuk



a) Think twice about what you post on social media today. It is open for the entire world to see!

b) A valuable piece of advice for every social media marketer out there.

c) It is our window to the entire world, a window within the grasp of our palms, and the touch of our fingertips.

d) Exercise restraint and never be impulsive.

e) On social media, the President of the United States of America, and you, are all equal.

f) Social media is for the far-sighted.

READING

Task 1. Read the text and complete the assignments that follow.

The Value of Social Media

For digital natives who never knew life before social media, the world seems like it has always been the same but for digital migrants, the present looks nothing like the past. If you were born in the late 1990s onwards, just try to imagine what your life would be like without Facebook, Twitter or Instagram. Does it look appealing to you? Probably not. Your social interaction depends so much on social media and keeping up with friends requires you to be online most, if not all, of the time. This is why your parents and friends probably keep urging you to get away from your computer or put your smart phone down and spend more time with them.

The use of social media has boomed in recent years and statistics show that nowadays, there are almost two billion social network users in the world, most of them teenagers and young adults. This obsession with social media is well reflected in

statistics. According to Statista, a website specializing in statistics, 51% of worldwide Facebook users who make new friends at least once a week are between 18 and 33 years of age. However, when it comes to younger users between 13 and 17 years of age, 72% of them make at least one new friend per week. This percentage gains more significance when we learn from Facebook that its monthly active users worldwide as of the second quarter of 2015 reached some 1.5 billion. This number barely reached 750 million monthly active users in the second quarter of 2011. In the same period of 2009, this number was roughly 250 million. As you see, these numbers speak for themselves but the more information we learn about the use of social media, the more interesting it gets.

In the UK, for instance, the use of social networks is dominated by the 90% of young people between 16 and 24 years old who are on social media and the 75% of those between the ages of 25 and 44 who use Facebook. Add to this the fact that, in 2014, Facebook and YouTube were the top social media sites accessed by 8–15-year-olds in Great Britain. What do young users spend their time doing on social media? There are a number of things but the top activities are finding out what friends are doing, sending them messages and knowing what they are watching or listening to. This is for 16–24-year-olds, followed in second place by 25–34-year-olds, who come first in keeping in touch with relatives.

In the midst of this entire buzz about social media, alarming voices warning of the dangers of such a situation can be heard. Some people argue that young people's overuse of social media represents an addiction that threatens their real-life communication skills. Moreover, this addiction can distract them from their studies and affect their concentration, especially given the many cases of use of social media during class that have been reported. Meanwhile, overuse of social networks by adults can harm their relationships. Other disadvantages include wasting time, identity theft, cyber bullying and crimes against children.

Now, where do you stand in all this? Are you a social media addict? Do you think social networking is worth all the importance people give to it?

<https://katerinananopoulou.blogspot.com/2018/05/social-media.html>

FOLLOW-UP

Task 2. Answer the following questions to the text.

- 1) How do digital natives and digital migrants see the world today?
- 2) What does keeping up with friends require nowadays?
- 3) Who are the majority of social media users in the world?
- 4) 72% of what category of Facebook users make at least one new friend every week?
- 5) How many monthly active Facebook users were there in the second quarter of 2009?
- 6) Who dominates the use of social networks in the UK?
- 7) In what social media activity do adults come before younger users?

Task 3. Find words or expressions from the text with the following meanings.

- 1) attractive
- 2) staying in touch with
- 3) trying persistently to persuade someone to do something
- 4) grown or developed rapidly
- 5) hardly
- 6) approximately
- 7) get someone's attention and prevent them from concentrating on something

Task 4. Complete the following sentences with words and expression from above.

- 1) Social networking sites are very useful for _____ what is happening in the world.
- 2) Addiction to such sites can _____ students from their studies.
- 3) Nowadays, younger generations _____ know what it means to write, send and receive letters.
- 4) The popularity of hashtags has _____ as they help people find posts and messages about a specific issue on social media.
- 5) _____ 70% of Facebook users access the site on their smart phones.

6) Social media has become very _____ to businesses as it allows them to post advertisements and reach their customers easily.

Many schools and universities are _____ teachers to use technology in their classes.

SPEAKING

❖ Are you a social media addict? Take the following quiz and discuss your answers with a partner.

- 1) Do you check your phone first thing in the morning when you wake up?
- 2) Do you take a picture of your meal and post it instantly on social media?
- 3) Do you ask your friends to check your photos on social media?
- 4) Do you check your social media accounts several times a day?
- 5) Do you take a break and stay away from social media?
- 6) When you hear something you like, do you post it as your status on some social media?
- 7) Do you know the number of your friends and followers on social media?
- 8) Do you feel disappointed when your posts do not get many likes?
- 9) Do you spend a long time on social media looking at what your friends have been up to in their lives?
- 10) Do you feel on top of the world when you get lots of friend requests?

READING

Task 5. Read the text about the impact of social media on mental health of the youth. Match the following headings A-G to the paragraphs 1-4. There are two choices you do not need to use.

- A. Envy
- B. Aggression
- C. Depression
- D. Anxiety



- E. Addiction
- F. Communication Issues
- G. Bullying

What Impact Does Social Media Have on Mental Health?

Advances in technology mean today's teens are facing issues that no previous generation has ever seen. While some issues are not exactly new, electronic media has changed or amplified some of the struggles young people face. For instance, teens today struggle more with their interpersonal relationships than any previous generation and a lot of this dysfunction can be linked to overuse of technology.

Undoubtedly, social networking plays a vital role in broadening teen social connections and helping them learn valuable technical skills. But what impact is all of this social networking having on young teen minds? Most reports indicate that the impact can be significant.

When we look at how social media behaviors correlate to mental health symptoms, we see that more time spent using social media is tied to an increase in mental health symptoms. Eighth-graders who spend 10 or more hours a week on social media are 56 percent more likely to report being unhappy than those who spend less time. We also see that higher emotional investment in social media is strongly correlated with higher levels of **anxiety**. It remains unclear whether social media is causing negative outcomes or whether children with mental health issues are turning to social media to soothe their symptoms.

All in all, there are a number of health issues that develop as a result of too much time online. Here is an overview of the most common mental health-related issues teens can experience from too much social media use.

1) _____ Researchers are just beginning to establish a link between depression and social media. While they have not actually discovered a cause and effect relationship between social media and depression, they have discovered that social media use can be associated with an intensification of the symptoms of depression, including a decrease in social activity and an increase in loneliness.

For instance, a study published in *Computers in Human Behavior* found that the use of multiple social media sites is more strongly associated with depression than the amount of time spent online. According to the study, people who used more than seven social media platforms had more than three times the risk of depression than people who used two or fewer sites.

What's more, several additional studies have shown that the prolonged use of social media may be related to the signs and symptoms of depression as well as low self-esteem, especially in children.

2) _____ Teens often feel emotionally invested in their social media accounts. Not only do they feel pressure to respond quickly online, but they also feel pressure to have perfect photos and well-written posts, all of which can cause a great deal of anxiety. In fact, some studies have found that the larger a teen's social circle online the more anxiety they feel about keeping up with everything online.

Additionally, if teens commit a **faux pas** online, this also can be an extreme source of anxiety. Many teens, especially girls, **are prone to** worry about what others might think of them and how they will respond when they see them next. Then factor in **cyberbullying**, slut-shaming, and other mean online behaviors and you can see why social media is a very real source of anxiety for many teens.

3) _____ Jealousy and envy—while normal emotions—can wreak **havoc** on teen brains if they dwell on what someone else has possessed or has experienced, that they themselves have not. And because people tend to post only the positive things that they experience, or make light of the bad with funny little anecdotes, it can appear to the reader that other people lead more exciting lives than they do.

Unfortunately, what teens often do not realize is that people tend to only post their "highlight reel" on social media and often keep the **mundane** or difficult experiences off the Internet. As a result, another person's life may look perfect online, but offline they have struggles just like anyone else.

Still, it is easy for a teen to play the comparison game and start thinking that everyone is happier or better off than she is. As a result, this can feed into depression, loneliness, anger and a variety of other issues. What's more, envy, if not dealt with, often leads to

bullying and mean behavior. In fact, many mean girls **target others** because they are jealous of the target's clothes, boyfriend, successes, or any number of other things.

4) _____ While social media is a great way to keep in touch with friends and family, it also is not the same as face-to-face communication. For instance, a teen cannot see a person's facial expressions or hear their tone of voice online. As a result, it is very easy for misunderstandings to occur, especially when people try to be funny or sarcastic online.

Many teens spend so much time online checking statuses and likes that they forget to interact with the people right in front of them. For this reason, friendships and dating relationships can suffer when social media takes **center stage** in a person's life. As a result, teens risk having relationships that are not deep or authentic.

Teens who place a priority on social media will often focus on the pictures they take that show how much fun they are having rather than actually focusing on having fun. The end result is that their friendships suffer.

Children and teens seem very **grown-up** these days, competent with technology and image making. But they are still children. If parents and educators do their job properly, they can steer **at-risk** children toward beneficial online experiences and help them reap the rewards of this new way of communicating.

FOLLOW-UP

Task 6. *Match the parts of the expressions used in the text. Make up sentences with them.*

- | | |
|-----------------|---------------------|
| 1) faux | a) graders |
| 2) cyber | b) girls |
| 3) mean | c) pas |
| 4) social | d) light of the bad |
| 5) to feed into | e) bullying |
| 6) make | f) the rewards |
| 7) eighth | g) depression |
| 8) to reap | h) media |

Task 7. Match the words in bold from the text with their definitions.

- 1) a situation in which there is a lot of damage or destruction, or in which something cannot continue in its normal way because of problems;
- 2) vulnerable, especially to abuse or delinquency;
- 3) a position in which someone or something is attracting a lot of interest or attention;
- 4) likely to do something or be affected by something, especially something bad;
- 5) something embarrassing that you say or do in a social situation;
- 6) ordinary and not interesting or exciting, especially because of happening too regularly;
- 7) to criticize a person, idea or statement;
- 8) when the Internet, mobile phones, etc. are used to send or post texts or images that are deliberately meant to hurt or embarrass someone;
- 9) someone who behaves in a mature and thoughtful way;
- 10) a worried feeling you have because you think something bad might happen.

Task 8. Fill in the blanks with appropriate prepositions.

- 1) Teens today struggle more _____ their interpersonal relationships than any previous generation.
- 2) Social networking plays a vital role _____ broadening teen social connections.
- 3) Social media use can be associated _____ an intensification of the symptoms of depression, including a decrease _____ social activity and an increase _____ loneliness.
- 4) Many teens are prone to worry _____ what others might think of them.
- 5) People tend to make light of the bad _____ funny little anecdotes.
- 6) Social media takes center stage _____ a person's life.
- 7) Teens who place a priority _____ social media will often focus on the pictures they take rather than actually focusing _____ having fun.

Task 9. Complete using the correct form of the words in the box.

**click, complex, download, electronics, file, manual, offline,
online, programmer, upload**

Wanted: Computer Geek

Some people think “geek” is a negative term for someone who spends all their time on computers. Well, we at Compulearn think it's a positive thing! If you're interested in becoming a computer (1) _____, if you enjoy reading the (2) _____ to find out what's really going on inside consumer (3) _____ like the latest plasma TV, then we want to hear from you.

Our six-week course covers everything from (4) _____ music (5) _____ from the Internet to writing your own games. You'll learn how to (6) _____ your own website to the Internet and how to solve (7) _____ problems in the latest programming languages. Go (8) _____ now and visit us on the net. (9) _____ on “Opportunities” and start your future now.

(If for any reason our website is (10) _____, or you are unable to connect to the Internet, call us on 0800-COMPULEARN.)

VIDEO

Social Media, Social Life: Teens Reveal Their Experiences

a) You are going to watch the video about the experience of young people in using social media. Before watching read the glossary and define the meaning of unknown words and expressions.

A check-in, to be affected by, to communicate on social media, to get one's emotions across, in-person interactions, to get sidetracked, to invalidate, to cherish, like-minded people

b) Watch the video using the link <https://youtu.be/GGGDfciqvww> and answer the following questions:

1) How often, when, and where do teens check their phones? Put down the adverbial phrases of frequency, time, and place used by the speakers.

Frequency	
Time	
Place	

2) What adjectives are used in the video to describe teens' relationship with social media?

1.
2.
3.

3) What advantages and disadvantages of social media are mentioned by the teens in the video? Can you add any other points to the ones mentioned by the speakers?

Advantages	Disadvantages
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.

4) How often do you check your phone? Do you suffer from FOMO ('fear of missing out')?

SPEAKING

❖ What social media do you use on a regular basis? Do you have any preferences for particular situations?

- ❖ Compare social media used by today's youth and older generation. What are the differences?
- ❖ Match each quote in A to the activity B

A	B
1) I'll see if Mike called while I was having a shower	a) Posting a comment
2) I want my friends to see my holidays photos	b) Keeping in touch
3) Today`s my birthday	c) Checking messages
4) I think you are right we spend too much time in Instagram	d) Posting an update
5) We sand e-mails to each other a few times a week	e) Uploading pics

READING

Task 10. Read the article and give comments on its content.



Instagram is the Worst Social Media App for Young People's Mental Health

by Kara Fox, CNN

Instagram is the most **detrimental** social networking app for young people's mental health, followed closely by Snapchat, according to a new report by the Royal Society for Public Health in the UK.

Their study, #StatusofMind, surveyed almost 1,500 young people aged 14 to 24 on how certain social media platforms impact health and well-being issues such as anxiety, depression, self-identity and body image.

YouTube was found to have the most positive impact, while Instagram, Snapchat, Facebook and Twitter all demonstrated negative affects overall on young people's mental health.

Instagram - the image-saturated app with over 700 million users worldwide - topped the list in terms of negative impact, most notably among young women, stated the report.

Instagram draws young women to "compare themselves against unrealistic, largely curated, filtered and Photoshopped versions of reality," said Matt Keracher, author of the report.

"Instagram easily makes girls and women feel as if their bodies aren't good enough as people add filters and edit their pictures in order for them to look 'perfect' ", an anonymous female respondent said in the report.

To tackle the problem, the Royal Society for Public Health has called for social media platforms to take action in order to help **combat** young users' feelings of inadequacy and anxiety by placing a warning on images that have been digitally manipulated.

Professional YouTuber Laci Green, a health vlogger with 1.5 million subscribers, said that education surrounding mental health issues in a digital age is an educational imperative for young people.

"Because platforms like Instagram and Facebook present highly curated versions of the people we know and the world around us. It is easy for our perspective of reality to become **distorted**," she said. "Socializing from **behind a screen** can also be uniquely isolating, obscuring mental health challenges even more than usual."

Green added that it is important we lay the groundwork now to minimize potential harm as the first generation of social media users become adults.

YouTube was the only social media platform that demonstrated an overall positive impact on young people's mental health in the study.

The report also found that it's not just what young people are engaging with on social media but also how long they are engaging with it. Young people who spend more than two hours per day connecting on social networking sites are more likely to report poor mental health, including psychological distress, according to the report.

Seven in 10 young people surveyed supported the recommendation, but with experts describing social media use as more addictive than cigarettes and alcohol, it's not clear whether a "heavy usage" **pop-up** would be enough to break through that barrier.

Sir Simon Wessely, president of the UK's Royal College of Psychiatrists, supports an education-based approach and warns that demonizing social media is not the answer.

"I am sure that social media plays a role in unhappiness, but it has as many benefits as it does negatives," he said. "We need to teach children how to cope with all aspects of social media - good and bad - to prepare them for an increasingly digitized world. There is real danger in blaming the medium for the message."

<https://edition.cnn.com/2017/05/19/health/instagram-worst-social-network-app-young-people-mental-health/index.html>

FOLLOW-UP

Task 11. Answer the questions to the text.

1. People of what age were surveyed in the study "Status of Mind"?
2. Why does Instagram have such a bad impact on young women?
3. What platform is reported to have a positive impact on young people's mental health in the study?
4. What is the name of the organization in the UK which helps young people to cope with mental problems?
5. What platforms demonstrate negative effects on young people's mental health along with Instagram?

Task 12. Decide which statements are true or false according to the text. Correct the false ones.

	T	F
1. Instagram was found to have the most positive impact.		
2. Instagram draws young women to compare themselves against unrealistic versions of reality.		
3. People who spend more than two hours per day connecting on		

social networking sites are more likely to have strong mental health.		
4. Platforms like YouTube present highly curated versions of the people we know and the world around us.		
5. Instagram, Snapchat, Facebook and Twitter all demonstrated negative affects overall on young people's mental health.		
6. Social media plays a role in unhappiness, but it has as many benefits as it does negatives.		

Task 13. Match words with their synonyms.

- | | |
|--------------------------|-------------------------|
| 1) self-identity | a) to solve the problem |
| 2) body image | b) a basis, a strategy |
| 3) to tackle the problem | c) insufficiency |
| 4) saturated | d) individuality |
| 5) groundwork | e) self-esteem |
| 6) inadequacy | f) full of something |

Task 14. Write one word in each gap.

Teenagers and television

Until very recently, teenagers have been hooked on television. Parents have worried that their children are becoming fat, lazy 1)_____ potatoes, and teenagers seem to have preferred watching TV 2)_____ almost any other activity in the home. Except, perhaps, sleeping. But no more! According to the latest statistics, teenagers have 3)_____ off TV and are turning off in droves. Given the choice 4)_____ TV and the internet, it's clear what most teens prefer. The internet 5)_____ an interactive, social need that TV doesn't. Teenagers at a loose 6)_____ in their bedrooms can hang 7)_____ with their mates in cyberspace. As websites such as MySpace have 8)_____ off, teenagers have been only 9)_____ eager to join in their millions and spend hours a day - and night -

online. We're witnessing the birth of the generation of the "keyboard potato", for 10)_____ of a better expression.

VIDEO

How the Media Affects Youth

a) You are going to watch TEDx Talks about the influence of the media on youth. Before watching, read the following words and expressions. Be sure that you know the meaning of them. If not, look up in the dictionary.

To intertwine, to get hooked, overwhelmingly, self-worth, to be on the rise, underage, to consume media, to brag about, to be bombarded with, impact on, self-image, to take smth for granted, to riot, rebellion.

b) Watch the video (<https://www.youtube.com/watch?v=HjnclEhy960>) and complete the sentences.

- 1) My generation and kids growing up today are growing in what has become an overtly _____ .
- 2) Kids and teens are _____ massive amounts of media every day.
- 3) Kids get smartphones and laptops while they are still in _____ .
- 4) Kids are growing in a society that's moving towards _____ gender roles than we have been doing in a long time.
- 5) Girls and women _____ according to their hair colour.
- 6) Men are considered to be experts in the fields of business, _____ and _____.
- 7) _____ are the only medium where women are over-represented.
- 8) Girls' _____ frequently drops in the pre-teen years. They base their feelings of self-worth on _____ and _____.
- 9) From the age of 13, boys' senses of self-worth _____ while girls' _____.
- 10) Professional women are far _____ visible than their male counterparts.
- 11) The media ideals are reported to be something that affects _____ - _____ of young people.

c) Watch the video once more and answer the following questions.

- 1) According to the survey, how much time do kids spend on the Internet every day?
- 2) What is meant by ‘a constant stream of media consumption’ and in what way does it influence young generation?
- 3) According to the speaker, what ideals ‘that change over time and are not constant’ are portrayed by the media as ‘timeless facts’? Put them down.

1.
2.
3.
4.

- 4) What gender stereotypes are mentioned by the speaker?
- 5) What is the medium where women are over-represented?
- 6) What is the main reason of extreme anxiety experienced by young girls?
- 7) What ideas about the media must be taught to children from very young age?

WRITING

Write an essay outlining advantages and disadvantages of social media. Provide examples from your own experience. Stick to the following plan and use the language from the box.

PLAN

Introduction (Paragraph 1) introduce the topic
Main Body (Paragraph 2) arguments <i>for</i> and reasons / justifications (Paragraph 3) arguments <i>against</i> and reasons / justifications
Conclusion (Paragraph 4) summarise the arguments and state your opinion

USEFUL LANGUAGE

Listing and adding points

To begin/ start with, / Firstly, / First of all, / In the first place,

Secondly, / Lastly, / Finally, / Last but not least,

In addition, / Furthermore, / Moreover, / Besides,

Introducing advantages

The first / main / most important advantage of ...

One / Another / An additional advantage of ...

One point of view in favour of ... / It is often suggested / believed / argued that...

Some / Many people suggest / feel / argue that...

Introducing disadvantages

The main / most important disadvantage / drawback of ...

One / Another / An additional disadvantage / negative effect of ...

One point / argument against ...

Introducing examples / justifications

For example / instance,

This is because of / due to ... This is due to the fact that ... This means that...

This may lead to / mean that...

Concluding

In conclusion, / To conclude, / To sum up,

All in all, / All things considered, / Taking everything into account/ consideration,

UNIT 4. JUVENILE VIOLENCE

It is the failing of youth not to be able to restrain its own violence.

Lucius Annaeus Seneca



SPEAKING

- ❖ Comment on the following statements:
 - 1) One of the main reasons that children and teens become violent is because they are exposed to violence in their own homes, whether it is directed towards them or towards others.
 - 2) Most teenagers who play violent games do not necessarily turn into violent teenagers in 'real life.'
 - 3) Cyberbullying can be a more serious problem than direct in-person bullying because the online bullies do not have a 'reality check' or feedback, as the online bully does not get to see or hear the pain or harm they inflicted on the victim.
- ❖ Discuss the following quotation with your partner *“Too many of today's children have straight teeth and crooked morals”*. Do you agree with it? Why / Why not?
- ❖ Read the following poem. What youth problem does it touch upon? What helps you guess the problem?

Everyday It Happens

by Kathleen Kiker

Every time I speak, another person hates me,
Every time they answer, I must forgive again.

Every time I listen, I suppress my angry comments,
Every time I hear them, I brush away the tears.
Everywhere I go, I am a nameless victim,
Everywhere I hide, they find me once again.
Every time they see me, I put a happy face on,
Every time they leave me, the tears roll down my cheeks.
Every night I'm sleeping, I dream of faceless horrors,
Every day I'm living, I wish it were not so.

<http://circle.nypo.org/kathleen.html>

READING

Task 1. *Read the text. Six extracts have been removed. Choose from the sentences (A-G) the one which fits each gap (1-6). There is one extract which you don't need to use.*

What Makes a Bully? I Know Because in Middle School I Was One

by Ariella Kossin

Girls in Middle School try hard to fit in with their peers, while trying to find themselves. During this crucial stage of development, girls learn important social skills like how to hang out with friends and how to politely decline a movie invitation.

1) _____

Looking back on my middle school years, I know what makes a bully because that's the kind of girl I was. I was ruthless in my actions and coldhearted with my words. I didn't stop until I got my way, no matter whom I hurt in the process. The girls in my class were mostly kind and sweet, but one of the most thoughtful of the girls made me so angry. 2) _____ I probably wished I was as happy as she. I was going through a rough time and needed an outlet to express my anger so she was the perfect target.

When one of my friends talked to this girl, I told that friend to cut all contact with her. I would move seats to avoid sitting with her and move all my friends along with me. 3) _____

Yep—I know what makes a bully.

My bullying split the class in two: those with me and those against me. The majority of the class chose me, so I was fine. But when a girl told me that this other girl was her best friend, I went ballistic: “I’ve been your friend forever. You have to be my friend, not hers,” I yelled. “How could you choose her over me?” The girl looked at me and said, “Exactly,” and walked away. 4) _____

How did this happen? Why bully others? How did I get so out of whack from the kind, innocent girl I used to be? At that moment, I decided to change. I apologized to everyone, but I would never be the same. 5) _____

Adults wonder if teenagers are conscious of how they treat one another. The answer is yes and no. Yes, I knew that I wasn’t acting in a respectful way. No, I didn’t understand that my behaviour was unacceptable because no adult intervened and told me to stop.

Many bullies have an “awakening” and realize that their behavior is horrible. 6) _____ Now is the time to become aware of how our actions can change someone’s life forever: for better or worse.

<https://yourteenmag.com/social-life/teen-bullying-tips/i-was-a-bully>

- A. Why bully her?
- B. The phrase “actions speak louder than words,” became my life motto, and I now make a conscious effort to keep my actions moral and in-line.
- C. But sometimes, thoughts of power and insecurity overrule politeness, and reaching the top of the never-ending social ladder matters more than just fitting in.
- D. Sometimes they don’t.
- E. She stood up to me and chose loyalty to her friend, despite my antics to keep the power. My reign was over, and I quickly became aware of the monster I had become.
- F. What makes a bully?

G. I laughed in her face, told her that her clothes were ridiculous and made her life hell, probably because I lacked the qualities that she had in abundance.

FOLLOW-UP

Task 2. *Say if the following statements are true or false. Correct the false ones.*

1. Ariella, the author of the text, is still in Middle School.
2. She was very sweet and kind.
3. Ariella decided to bully a friend because she envied her.
4. Ariella used to laugh at her victim and dissuade her classmates to seat next to her.
5. Ariella is sure that teenagers are conscious of how they treat one another.

Task 3. *Find the synonyms in the text and make up your own sentences with them.*

- | | |
|----------------|--------------------------|
| 1) mates | 6) exit |
| 2) important | 7) great quantity |
| 3) refuse | 8) go crazy |
| 4) cruel | 9) divide |
| 5) considerate | 10) not working normally |

Task 4. *Find the words in the text to match the definitions below.*

- 1) foolish, outrageous, or amusing behavior
- 2) a short sentence or phrase that expresses a belief or purpose
- 3) to intentionally become involved in a difficult situation in order to improve it or prevent it from getting worse
- 4) the act of starting to understand something or feel something
- 5) a period when a particular person, feeling, or quality is very important or has strong influence
- 6) a person or a particular group of people that something is directed at, or that something is intended for

Task 5. Fill in the gaps with the words from the box.

Targets, relentless, bullying, rejection, suicide, verbal insults

Bullying affects millions of teenagers, causing thousands to fear going to school each day. Because adults in their lives don't always witness the 1)____, the children may not understand exactly how extreme it can get.

Appearance and social status are two of the prime reasons teens are bullied, because the bully decides who fits in and who doesn't. Some bullies physically attack their 2)____, while others take psychological control through gossiping or repeatedly spewing 3)____. Cyberbullying is the latest evolution in bullying, consisting of cruel instant, email and text messages. Bullying in any form is 4)____, causing a teen to live in a state of constant fear.

Bullied teens find their schoolwork and health suffering. They may contemplate 5)____ after dealing with bouts of depression or anxiety. Perhaps surprisingly, bullies themselves are at risk, too. Bullying of any kind is violence and often leads to more violent behavior in the adult years. Teen bullies may eventually experience 6)____ by their peers, leading to lost friendships and depression as they age.

<https://howtoadult.com/common-teenage-problems-7419698.html>

Task 6. Based on the text above choose the correct answer to complete the sentences.

1. The two main reasons of bullying are
 - a) appearance and social status
 - b) good academic performance and friends
 - c) health and habits
2. The latest evolution in bullying is
 - a) the fray
 - b) the text messages
 - c) the theft
3. Because of bullying people feel
 - a) constant fear

b) happiness

c) odium

4. Teen bullies also have the problems because

a) they have no friends

b) they have health problems

c) they have family problems

Task 7. Complete the text with the correct derivatives of the words in brackets.

A child's education is the foundation from which he or she will be able to go forth out into the world and build a life. Schools play a major role in this endeavour, and therefore it is **1) _____ (reason)** to expect that these places of learning would be safe havens for the children while they are preparing for **2) _____ (adult)**. **3) _____ (fortune)**, this is not always the case. In many instances, especially in low income, urban settings, schools can be a war zone. We are not talking about minor bullying, but rather serious violence.

The home like the **4) _____ (neighbour)** has an immense influence on children. Violent children are most likely to come from **5) _____ (abuse)** homes and/or neighbourhoods.

Online bullying or cyberbullying is a **6) _____ (spread)** and fast growing phenomenon while offline bullying continues to be a problem as well. Lack of **7) _____ (aware)** and education efforts among parents, counselors, school staff, and students make cyberbullying and offline bullying a **8) _____ (continue)** threat to young people's **9) _____ (confident)** and safety.

While there are no **10) _____ (science)** correlations between playing violent video games and in-person violence, violent video games can desensitize players to the suffering of others and can trivialize violence.

Task 8. Write one word in each gap.

The Hoody

The hooded top, or “hoody”, has become something of a symbol of youth violence in Britain. It seems to get a mention whenever the newspapers get **1)**_____ the subject. Those wearing them are often classed **2)**_____ jobs or hooligans, even when they have done nothing **3)**_____ the law. The problem is that hoodies can easily hide their identity from CCTV cameras. Those **4)**_____ authority in some places such as shopping centres have even gone so far as to ban people wearing hoodies. They claim that the threat of crime **5)**_____ them the right to do it, but there is a danger that young people will actually be provoked **6)**_____ behaving in antisocial ways through rules like this. They may feel that those **7)**_____ power are discriminating against them, and that they refuse to listen when they deny **8)**_____ done anything wrong. It seems to be a classic example **9)**_____ older people feeling threatened by the fashions of the young. At the end of the day, what the members of their peer **10)**_____ think will always be more important to the young than what people running shopping centres think they should or shouldn't wear.

SPEAKING

- ❖ Have you ever suffered from depression?
- ❖ What are the symptoms of depression?
- ❖ What can be the reasons of depression?
- ❖ Can depression lead to violence?
- ❖ Why is it so important to be interested in the well-being of others?

READING

Task 9. Read the article and complete the assignments that follow.

Adolescent Depression Increases Risk for Violence

These findings emphasize the need for early detection and intervention

Adolescent depression increases the risk of violence, suggests a study published in the *Journal of the American Academy of Child and Adolescent Psychiatry (JAACAP)*.

The study examined the longitudinal association between depression and subsequent violence from three representative samples in the Netherlands, United Kingdom and Finland. Researchers for these three cohorts used complementary measures of depression, including self-report and clinical diagnoses, and different measurements of violence including informant reports of violence and official convictions for violent crimes.

The research team, led by Professor Seena Fazel, from the Forensic Psychiatry Group at the University of Oxford, United Kingdom, found modest increases in risk of violence in depression. In absolute terms, for instance, in the Finnish sample, 7.1% of individuals with depression were convicted of one or more violent crimes, compared with 3.6% in the general population without depression.

In relative terms, across samples and measurements, the study shows a consistent pattern of increased relative risk of later violence. In the Dutch and UK samples, an increase in depressive symptoms was associated with a significant elevated risk of later violence. In the Finnish sample, the odds of violence in individuals with a diagnosis of depression were increased two-fold, compared to those without depression. These findings highlight the need for active and early treatment of depression in adolescents and young people. The mechanisms behind this link need further investigation, and may involve increased impulsivity, hostility and poor self-regulation.

“We know that high rates of depression have been reported among adolescents in juvenile detention and correctional facilities (e.g., 11% in boys and 29% in girls),” said Dr. Rongqin Yu, lead researcher at the Forensic Psychiatry Group at the University of Oxford, United Kingdom. “However, the longitudinal link between depression and violence was unclear. Our longitudinal design allowed us to take into account previous violence, enabling us to test whether adolescent depression is associated with changes in violence over time. We found a consistent pattern of increased risk of later violence across samples. Both depression and violence are prevalent in adolescents and young

adults; our findings indicate the importance of early detection and treatment of depression.”

Professor Fazel said: “This research is important for two main reasons. First, it adds to the evidence of the many potential harms of untreated depression in young people. Second, it suggests that closer liaison between criminal justice and mental health might prevent violence in high-risk individuals.”

<https://www.elsevier.com/about/press-releases/research-and-journals/study-shows-adolescent-depression-increases-risk-for-violence>

FOLLOW-UP

Task 10. Answer the following questions.

- 1) What did the study examine?
- 2) What countries were the participants of the study from?
- 3) What measures were used by the researchers?
- 4) What data did the researchers come up with?
- 5) What do these findings highlight?
- 6) What is the importance of such a research?

Task 11. Find the words in the text to match the definitions below.

- 1) examined or done over time
- 2) a group of people who share a characteristic
- 3) the fact of officially being found to be guilty of a particular crime, or the act of officially finding someone guilty
- 4) not large in size or amount, or not expensive
- 5) twice as big or as much
- 6) existing very commonly or happening often
- 7) communication between people or groups who work with each other

Task 12. Match the words to make collocations, explain their meaning, then recall the context they are used in.

- | | |
|------------------|----------------|
| 1) Forensic | a) association |
| 2) correctional | b) reports |
| 3) depressive | c) health |
| 4) mental | d) Psychiatry |
| 5) complementary | e) symptoms |
| 6) informant | f) facilities |
| 7) longitudinal | g) measures |

Task 13. Each of the words in bold, except one, is in the wrong place. Write the correct words on the lines.

A young child's emotions

Young children express their emotions much more openly than most adults. In the playground, they often 1) _____ **neglect** and ridicule the “weaker” children and “social misfits”. When they're successful at something, they 2) _____ **grimace** openly. When they're taking horrible medicine, they 3) _____ **conduct** in a way that adults rarely do. When they're 4) _____ **impatient**, you know about it immediately. The 5) _____ **gloat** a young child can experience during a nightmare often seems far more extreme than the fear adults have. Children's emotions are often very unpredictable too. When something angers them, they 6) _____ **mock** instantly. A young child can go from peaceful 7) _____ **terror** to extreme anger and back again in just a couple of minutes. If you give a small child a pet, they'll love it for a day or two, but then they might completely 8) _____ **snap** it. All of this is for many reasons. Firstly, humans have to learn how to 9) _____ **contentment** and control their emotions. And that takes time. Secondly, humans have to learn how to 10) _____ **handle** themselves within a society. That also takes many years. Indeed, many adults still have a lot to learn when it comes to that.

Task 14. Guess the meaning of the following idioms and match each one with its Ukrainian equivalent. Supply with the situations where you can easily use them.

- | | |
|--------------------------------------|-------------------------------|
| 1) to keep feelings bottled up | a) вийти з рівноваги |
| 2) bad hair day | b) опанувати себе |
| 3) to be on the same page | c) стримувати свої емоції |
| 4) to be in the doldrums | d) стібатися |
| 5) to kiss and make up | e) бути в депресії |
| 6) to keep your chin up | f) сперечатися через дрібниці |
| 7) to blow off steam | g) поганий день |
| 8) to take the mickey out of someone | h) помиритися |
| 9) to quibble over something | i) не падати духом |
| 10) to go ballistic with | j) сходити з розуму |
| 11) to lose (one's) cool | k) розуміти один одного |
| 12) to pull oneself together | l) випустити пар |

VIDEO

Violence – a Family Tradition

a) You are going to watch TEDx Talks about the influence of domestic violence on youth. Before watching, match the following words with their definitions.

- | | |
|-------------------------|--|
| 1) to sit out something | a) having a negative or harmful effect on something |
| 2) recess | b) the act of hitting someone with the hand, usually several times on the bottom as a punishment |
| 3) scribble | c) a careless piece of writing or drawing |
| 4) wiggle worm | d) severe emotional shock and pain caused by an extremely upsetting experience |
| 5) squeaky | e) to increase something, esp. the sound |
| 6) spanking | f) in school, a period of time between classes when children do not study |
| 7) trauma | g) not to be involved in something |

WRITING

Write an essay giving your opinion on juvenile violence and its root causes. Stick to the following plan and use the language from the box.

PLAN

Introduction (Paragraph 1) state the topic and give your opinion
Main Body (Paragraph 2) first viewpoint with examples / reasons / results (Paragraph 3) second viewpoint with examples / reasons / results (Paragraph 4) opposing viewpoint with examples / reasons / results
Conclusion (Paragraph 5) restate your opinion using different words

USEFUL LANGUAGE

Listing points To begin with, / Firstly, / First of all, / In the first place, Secondly, / Lastly, / Finally, Moreover, / Furthermore, / In addition, / What is more, / Also,
Giving opinions I believe / think / feel (that)... / I strongly believe... In my opinion / view, ... / To my mind,... / My opinion is that ... The way I see it, ... / It seems/ appears to me (that) ... As far as I am concerned, ... I (do not) agree that/ with... / I (completely) agree (that / with)... I (strongly) disagree (that/ with)... I am totally against... I could not agree / disagree more (that / with) ...
Introducing opposing viewpoints However, / On the other hand, / Nevertheless, / Whilst

Introducing examples / reasons / results

For example, / For instance, such as,

Therefore, / Consequently, / In this way, / This would mean that ... As a result,
because / as / since

Concluding

In conclusion, / To conclude, / To sum up,

All in all, / All things considered, / Taking everything into account/ consideration,

On balance, I would say (that)...

APPENDIX

Quotations about Youth

- + “*Youth is the best time to be rich, and the best time to be poor.*” **Euripides**
- + “*Youth comes but once in a lifetime.*” **Henry Wadsworth Longfellow**
- + “*You are only young once, and if you work it right, once is enough.*” **Joe E. Lewis**
- + “*The young do not know enough to be prudent, and therefore they attempt the impossible, and achieve it, generation after generation.*” **Pearl S. Buck**
- + “*This world demands the qualities of youth: not a time of life but a state of mind, a temper of the will, a quality of imagination, a predominance of courage over timidity, of the appetite for adventure over the love of ease.*” **Robert Kennedy**
- + “*Children, after all, are not just adults-in-the-making. They are people whose current needs and rights and experiences must be taken seriously.*” **Alfie Kohn**
- + “*Age is foolish and forgetful when it underestimates youth.*” **J. K. Rowling**
- + “*Youth cannot know how age thinks and feels. But old men are guilty if they forget what it was to be young.*” **J. K. Rowling**
- + “*Young people need models, not critics.*” **John Wooden**
- + “*Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.*” **Mark Twain**
- + “*Youth has no age.*” **Pablo Picasso**
- + “*Well, youth is a period of assumed personalities and disguises. It is the time of the sincerely insincere.*” **Pablo Picasso**
- + “*It takes a very long time to become young.*” **Pablo Picasso**
- + “*Youth is the only season for enjoyment, and the first twenty five years of one’s life are worth all the rest of the longest life of man, even though those five-and-twenty be spent in penury and contempt, and the rest in the possession of wealth, honours, respectability.*” **George Henry Borrow**
- + “*If youth knew; if age could.*” **Henry Estienne**
- + “*In youth and beauty wisdom is but rare!*” **Homer**

- ✚ *“Home-keeping youth have ever homely wits.” **William Shakespeare***
- ✚ *“There is a fountain of youth: it is your mind, your talents, the creativity you bring to life and the lives of people you love. When you learn to tap this source, you will truly have defeated the age.” **Sophia Loren***
- ✚ *“One of the signs of passing youth is the birth of a sense of fellowship with other human beings as we take our place among them.” **Virginia Woolf***
- ✚ *“We cannot always build the future for our youth, but we can build our youth for the future.” **Franklin D. Roosevelt***
- ✚ *“The young, free to act on their initiative, can lead their elders in the direction of the unknown... The children, the young, must ask the questions that we would never think to ask, but enough trust must be re-established so that the elders will be permitted to work with them on the answers.” **Margaret Mead***
- ✚ *“Children learn how to make good decisions by making decisions, not by following directions.” **Alfie Kohn***
- ✚ *“There’s a radical – and wonderful – new idea here... that all children could and should be inventors of their own theories, critics of other people’s ideas, analyzers of evidence, and makers of their own personal marks on the world. It’s an idea with revolutionary implications. If we take it seriously.” **Deborah Meier***
- ✚ *“Youth involvement has moved forward. It is no longer seen as a rebellious act, the way it was a few decades ago.” **Maureen A. Sedonaen***
- ✚ *Age is honorable and youth is noble **Irish proverb***
- ✚ *“Youth would be an ideal state if it came a little later in life.” **Herbert Henry Asquith***
- ✚ *“Use your youth so that you may have comfort to remember it when it has forsaken you, and not sigh and grieve at the account thereof.” **Sir Waller Raleigh***
- ✚ *“If I have known much trouble in my youth, I have also known much joy.” **Clara Schumann***
- ✚ *“The foundation of every state is the education of its youth.” **Diogenes***

- ✚ “Youth is happy because it has the capacity to see beauty. Anyone who keeps the ability to see beauty never grows old.” **Franz Kafka**
- ✚ “Youth is a dream, a form of chemical madness.” **F. Scott Fitzgerald, Tales of the Jazz Age**
- ✚ “If you're young and talented, it's like you have wings.” **Haruki Murakami, What I Talk About When I Talk About Running**
- ✚ “Youth is about the only thing worth having, and that is about the only thing youth has.” **Edgar Watson Howe**
- ✚ “Youth is easily deceived because it is quick to hope.” **Aristotle**
- ✚ “Young people are in a condition like permanent intoxication, because youth is sweet and they are growing.” **Aristotle**
- ✚ “Good habits formed at youth make all the difference.” **Aristotle**
- ✚ “Youth is, after all, just a moment, but it is the moment, the spark, that you always carry in your heart.” **Raisa M. Gorbachev**
- ✚ “Every generation needs a new revolution.” **Thomas Jefferson**
- ✚ “Every old man complains of the growing depravity of the world, of the petulance and insolence of the rising generation.” **Samuel Johnson**
- ✚ “We didn't have a generation gap, we had a generation Grand Canyon.”
- ✚ **Mary Brave Bird**
- ✚ “I care about our young people, and I wish them great success, because they are our Hope for the Future, and some day, when my generation retires, they will have to pay us trillions of dollars in social security.” **Dave Barry**
- ✚ “A generation which ignores history has no past — and no future.” **Robert A. Heinlein**
- ✚ “Every generation needs regeneration.” **Charles Spurgeon**
- ✚ “As a teenager you are at the last stage in your life when you will be happy to hear that the phone is for you.” **Fran Lebowitz**
- ✚ “When you are in your teenage years you are consciously experiencing everything for the first time, so adolescent stories are all beginnings. There are never any endings.” **Aidan Chambers**

- ✚ *“Drama, lies, tears...teenage years.” **Unknown***
- ✚ *“Live your life like you are 80 years old looking back on your teenage years.”
Taylor Swift*
- ✚ *“Don't laugh at a youth for his affectations; he is only trying on one face after another to find a face of his own.” **Logan Pearsall Smith***
- ✚ *“No boy is worth your teenage years!” **Hayley Williams.***
- ✚ *“Too many of today's children have straight teeth and crooked morals.”
Unknown*
- ✚ *“I was a happy kid up until I hit the teen years.” **Rick Springfield.***
- ✚ *“If you just watch a teenager, you see a lot of uncertainty.” **Jamie Lee Curtis.***
- ✚ *“Youth is a quality, not a matter of circumstances.” **Frank Lloyd Wright***
- ✚ *“Who so neglects learning in his youth, loses the past and is dead for the future.”
Euripides*
- ✚ *“The youth is the hope of our future.” **Jose Rizal***
- ✚ *“Let your youth have free reign. It won't come again, so be bold, and no repenting.” **Nikos Kazantzakis***
- ✚ *“In youth, the days are short and the years are long. In old age, the years are short and days long.” **Pope Paul VI***
- ✚ *“Keep true to the dreams of your youth.” **Friedrich Schiller***
- ✚ *“Youth is the gift of nature, but age is a work of art.” **Stanislaw Jerzy Lec***
- ✚ *“It's best to leap into something you know you love. You might change your mind later, but that is the privilege of youth.” **Charles Kuralt***
- ✚ *“Young people need models, not critics.” **John Wooden, an American basketball player and head coach at the University of California***
- ✚ *“Grown-ups never understand anything by themselves, and it is tiresome for children to be always and forever explaining things to them.” **Antoine de Saint-Exupéry, a French writer, poet, aristocrat, journalist and pioneering aviator.***
- ✚ *“All of us who are worth anything, spend our manhood in learning the follies, or expiating the mistakes of our youth.”*
- ✚ *“The disappointment of manhood succeeds the delusion of youth.”*

✚ *“If youth be a defect, it is one that we outgrow only too soon.”*

✚ *“Who so neglects learning in his youth loses the past and is dead to the future.”*

✚ *“A youth with his first cigar makes himself sick; a youth with his first girl makes everybody sick.”*

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