

THE PROBLEMS OF TEENAGERS

Цілі: вдосконалювати навички усного мовлення й читання; розвивати культуру спілкування й мовленнєву реакцію учнів; виховувати толерантне ставлення до інших і загальну культуру учнів.

Procedure

1.Warm-up

Do teenagers have common problems?

There are many common problems for all teenagers. Share your ideas with your partner and add some of your own to these list, to plan future to spend free time

How

What

to plan future to spend free time

to deal with bullying(to escape bullying)

to do after school

to find friends

to deal with your friends

to solve conflicts with friends, parents

to make parents understand you

to find common language with parents

to express your opinion

to deal with girlfriend (boyfriend)

to avoid conflicts

to become independent

to establish priorities

2. Listening

Listen to the article and say why it is important to deal with your emotions and what solution of this problem is proposed in this article.

DEALING WITH EMOTIONS

Dealing with emotions is very importance to your health. It's all very well to say that we must deal with these feelings, but how do we go about doing so, and what exactly is "dealing with our emotions"?

ACCEPT YOUR EMOTIONS

Dealing with our feelings is facing, accepting and working through them. We will always have emotions, so we have to learn to deal with them. If repressed, they will find a way to come out as in depression, anxieties, panic, eating disorders to name but a few.

A lot of the time, people do not want to feel what they are feeling. They may be ashamed or guilty of these feelings, or they just do not like a certain emotion. For example, you start to like your best friend's girl/boyfriend. You don't know how it happened, but you're now stuck in a predicament where you are totally infatuated with your best friend's girl/boyfriend. Automatically, you may try to suppress these feelings. If you ignore them, maybe they'll go away, right? WRONG! The chances are small that your

feelings will just leave you; you'll most probably be feeling terrible about yourself, plus, a buildup of pent up emotions leads to stress!

WHAT YOU CAN DO

Confront those emotions that you're trying to ignore. Here's what you might do: keep a diary in which you write down your feelings. This diary is a way for you to think about the stuff that you're made of! By writing down and analyzing your feelings, you become aware of the real reason why you're feeling the way you are, and the emotion becomes less painful. Some questions you could ask yourself when you're writing in your diary are: What am I feeling?

When did it start?

What does it make me want to do?

What were the triggers for this emotion?

What pictures come to mind as I feel it?

When else have I felt it? Is it familiar or something new?

What would I like to say to the person / event / myself? Say it out loud — talk to your dog.

Take the above example, you might discover that it is not really your friend's girl/boyfriend that you like so much, it's the idea behind it (having a girl/boyfriend). You may learn that you're lonely, and you just want someone. By writing in the diary, you find all this out and solve the problem because you no longer like your best friend's girl/boyfriend, and have something else to focus on, namely, finding yourself a girl / boyfriend!

Or you can talk to someone. Many people go to other people to help them deal with their emotions; these 'other people' could be your school's guidance counselor, favourite teacher, family relative, psychologist or psychotherapist.

3. Speaking

Do ex. 1, p. 215.

4. Reading and speaking

Do ex. 2, p. 215.

5. Speaking and writing

Discuss the following questions, complete the table and then write true sentences about your relations.

1) What causes generation gaps to form?

2) How might today's generation gaps be different from those of your parents' or even your grandparents'?

3) How do generation gaps change / evolve for individuals over time?

4) Can you see a generation gap between yourself and the younger generation?

5) What is it concerning?

6) Do you feel your parents don't understand you because of a generation gap?

You

Both of you

He

She

They

Have

Has

Want smb

Demand(s)

to solve conflicts

to make the right choices

to find balance in your relations

to keep your opinions open

to cultivate positive emotions

to establish priorities

6. Summary

1) What are the most common needs of youth nowadays?

2) What is it like to be a teenager in your society?

3) Would you rather be a child, teenager or an adult? Why?

4) What are the advantages/disadvantages of being a child/a teenager / an adult?

7. Homework

Write a composition using the questions above.