

Thursday, the first of October

Classwork

Lesson 2

Student's Handout: Teenagers' Problems

Task 1. Vocabulary Warm-up

Match the problems (1–6) with their meanings (A–F):

1. **Exam stress**
 2. **Peer pressure**
 3. **Cyberbullying**
 4. **Social media addiction**
 5. **Generation gap**
 6. **Body image issues**
- **A.** Spending too much time scrolling through TikTok or Instagram and feeling bad without a phone.
 - **B.** Worrying too much about tests, grades, and the future.
 - **C.** When parents and teenagers don't understand each other because they live in different times.
 - **D.** Feeling unhappy about how your body looks compared to filtered photos online.
 - **E.** When you want to do something just because your friends do it, even if you don't want to.
 - **F.** Being mean, sending nasty messages, or teasing someone online.

Answers: 1-B, 2-E, 3-F, 4-A, 5-C, 6-D

Task 2. Reading: Meet Alex and Mia

Read the short texts and answer the questions below.

- **Alex (16):** *"My biggest problem right now is school. Next year I have exams, and my parents want me to get only top grades. I study for 6 hours every day. I don't have time for my hobbies, and I feel exhausted all the time. Sometimes I just want to sleep for a week."*
- **Mia (15):** *"I spend about 4 hours a day on Instagram. I always compare myself to models and bloggers. They look perfect, but I don't. It makes me feel really insecure about my appearance. My friends say I should delete the app, but it's hard because everyone is online."*

Questions for discussion:

1. What is Alex's main problem? Why is he exhausted?
2. Why does Mia feel insecure? How much time does she spend on social media?
3. Which of these two problems is closer to your own experience? Why?

Task 3. Grammar Focus

Для того щоб обговорювати проблеми та давати поради, нам потрібні такі конструкції:

- **You should / shouldn't...** (Тобі слід / не слід...) — *You should talk to your parents.*
- **If I were you, I would...** (Якби я був на твоєму місці, я б...) — *If I were you, I would take a break from social media.*
- **It's a good idea to...** (Це гарна ідея...) — *It's a good idea to go for a walk instead of gaming.*

Task 4. Speaking Practice: Role-play (Problem Solving)

Work in pairs. Student A has a problem, and Student B gives advice using the grammar from Task 3.

- **Situation 1:**
 - **Student A:** You spend 5 hours playing video games every night. Your grades are dropping, and your mom is angry.
 - **Student B:** Give Alex/Mia advice on how to manage time better.
- **Situation 2:**
 - **Student A:** You feel nervous and stressed because of upcoming exams. You can't sleep well.
 - **Student B:** Listen to your friend and give them 2–3 relaxing tips.

Task 5. Writing / Mini-Project

Write 5–6 sentences completing the sentence: "To be a happy teenager today, you need to..."

- *Example:* To be a happy teenager today, you need to balance your screen time and real-life communication. Don't be afraid to talk about your problems with friends or parents.