Unit 10A: Give advice about healthy habits

Read the next text individually:



Please Help Me and My Family

My family doesn't get along. It's like we all hate each other. It's my mom, my two brothers, a sister, and I. I am the oldest. We all have certain problems: My mom wants to quit smoking so she is really stressed out. I am really selfish — I just can't help it. One of my brothers is too bossy. He thinks he is better than the rest of us, and that he is the only one who helps my mom. My other brother is kind of abusive and depressed. He always starts fights and he's really spoiled. My mom doesn't yell at him for doing things wrong and when she does, he laughs at her. My sister — who's 7 — makes messes and doesn't clean them up. I really want to help because I don't like being upset all of the time and having everyone hate everyone else. Even when we start to get along, someone will say something to upset someone else. Please help me and my family.

Mary, 15

Text taken from: https://www.thoughtco.com/teenage-problems-1210298

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- **Look for the meaning of any words that you don't know.**
- **Prepare to talk to your partners about the reading and propose some advice.**

