

Track 46 – Unit 12/6

Announcer: Listen and tick *true*, *false* or *not in the text*.

Grace: Hello and welcome to Teen Beat. I am your host Grace Anderson. Today's topic deals with teenagers and their parents. We have Dr Charles Tillman in the studio today to answer questions about teens and their parents. Hello, Dr Tillman.

Dr Tillman: Hello Grace.

Grace: Dr Tillman, many teens have called our hotline to ask for help when they have problems with their parents.

Dr Tillman: Yes Grace, this is often a problem that teenagers have. Fighting with parents is very natural for teens.

Grace: What do they fight about?

Dr Tillman: Teenagers will fight with their parents about things like pocket money, school, their future, what they wear and when they should be home at night.

Grace: So what tips can you give teens when they talk to their parents about problems? What should teenagers do? What shouldn't they do?

Dr Tillman: The most important thing is that when you talk to your parents, you should stay respectful and fair.

Grace: But some teenagers say that sometimes, when talking to their parents, they get really angry.

Dr Tillman: It is important for teenagers to remember that their parents love and care for them and only want what's best for them. Here are some things that they can do when talking to their parents. Teenagers should speak quietly and never shout. They should try not to get angry. They should take a deep breath if they do get angry. They should explain their reasons for what they want, and they should find a solution to the problem.

Grace: That sounds good. But what do you mean by finding a solution. Can you give me an example?

Dr Tillman: Sure. Imagine that the teenager wants to stay out longer. The teenager has to prove to his or her parents that he or she is responsible. He or she could say, "I will not drink and will make sure that I will get home safely. I will also get up in the morning and will not sleep all day."

Grace: That's a good example. Thank you, Dr Tillman. If you would like to call Dr Tillman to ask him some questions, call us now at 555-1234.