**teenagers and appearance**

During the teenage years, many young people …………………..more concerned about their appearance. This is a normal part of growing up. Teenagers often want to fit in ……………….their peers and may feel pressure to look a certain way.

1. Influences on Appearance

There are many influences on ………………….teenagers perceive their appearance. Media, including social media, television, and magazines, often …………………………idealized images of beauty. Friends and family also …………………….a significant role in shaping a teenager's self-image.

2. Positive Self-Image

Developing a positive self-image is important …………………teenagers. This means feeling good about how they look and appreciating their unique features. Encouragement …………………………family and friends can help boost a teenager's confidence.

3. Healthy Habits

Adopting healthy habits is another way teenagers can feel better …………………….their appearance. This includes eating a balanced diet, getting regular exercise, and having good hygiene practices. These habits not …………………..improve physical health but also contribute …………………a positive self-image.

4. Dealing with Pressure

Teenagers often face pressure to look a …………………..way. It's important to remember that everyone is unique and that there is no single standard of beauty. Learning to accept and love oneself ……………………..reduce the impact of this pressure.

5. The Role of Fashion

Fashion can be a fun way for ………………………….to express their individuality. Experimenting with different styles and finding what suits them can be an enjoyable part of discovering …………………………..they are.

Conclusion

While appearance can be important for teenagers, it's essential to focus on developing a healthy and positive ………………………-image. Encouragement from loved ones and adopting healthy habits can help teenagers feel …………………………confident and happy with their appearance.

Exercises

**Exercise 1: Vocabulary Matching**

**Match the words with their definitions.**

1. Appearance

2. Peer

3. Confidence

4. Hygiene

5. Unique

a. The way that someone looks.

b. A person of the same age, status, or ability as another.

c. The feeling or belief that one can rely on someone or something.

d. Practices to maintain health and prevent disease, especially through cleanliness.

e. Being the only one of its kind; unlike anything else.

**Exercise 2: True or False**

**Read the statements and write T (True) or F (False).**

1. Social media has no influence on how teenagers perceive their appearance.

2. Developing a positive self-image means appreciating one's unique features.

3. Eating a balanced diet is not related to feeling good about one's appearance.

4. Fashion can help teenagers express their individuality.

5. There is a single standard of beauty that everyone should follow.

**Exercise 3: Fill in the Blanks**

**Complete the sentences with words from the text.**

1. Teenagers often want to \_\_\_\_\_\_ in with their peers.

2. Encouragement from family and friends can help boost a teenager's \_\_\_\_\_\_.

3. Healthy habits include eating a \_\_\_\_\_\_ diet and getting regular exercise.

4. Learning to accept and \_\_\_\_\_\_ oneself can reduce the impact of pressure.

5. Fashion can be a fun way for teenagers to express their \_\_\_\_\_\_.

**Exercise 4: Discussion**

Discuss these questions with a partner or write your answers.

1. How do media and social media influence teenagers' perception of their appearance?

2. Why is it important for teenagers to develop a positive self-image?

3. What are some healthy habits that can improve both physical health and self-image?

4. How can teenagers deal with the pressure to look a certain way?

5. In what ways can fashion help teenagers express their individuality?

### Answers

#### Exercise 1: Vocabulary Matching

1. a

2. b

3. c

4. d

5. e

#### Exercise 2: True or False

1. F

2. T

3. F

4. T

5. F

#### Exercise 3: Fill in the Blanks

1. fit

2. confidence

3. balanced

4. love

5. individuality