

*Общероссийский фестиваль исследовательских и  
творческих работ учащихся «Портфолио ученика»  
2012/2013*

**Разделы:** Здоровье человека; Лингвистика (английский  
язык)

Teenagers' Relationship with Their Parents.  
Problems and Solutions.

Author: Tatiana Kharabrina, Form 9«С», gymnasium № 1538  
Supervisor: Tatiana Kuznetsova, the English teacher.

Москва 2013 г.

# The urgency of the project:

Never has a generation gap been as wide as it is today, with parents having very little understanding of the opportunities and the risks involved with the digital environments where their children are growing up in.



They don't talk to their children or share their own points of views with the children.

# The aims of the Project:

- To fish out some problems which teenagers and their parents face nowadays.
- To analyze the causes of the main problems.
- To work out possible solutions to the problems.



# Media and Technology.

The biggest problems are media and technology. Never before in the history we have been faced with a situation where each living generation is focused around a different technology platform.



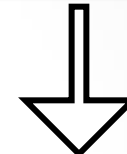
The internet becomes their new father and guide so that many teenagers are not close to their family and remember them only at the time of needing money.

# Parents' Behaviour

A lack of understanding often results in two extremes in response from parents



Parents might bury their heads in the sand because of the apparent technical complexity and leave their children to face some very real dangers.



A parent might over react because they don't understand the dangers involved and simply ban all things digital. Which not only leads to unnecessary conflict with the child and cuts them off from their social circle.

# Alcoholism and Drug

Teenagers' problems with alcohol and other drugs are occurring at 12 years of age, in contrast to 13 to 14 years of age in previous generations. Recent research has shown that beer is now the drink of choice for many teenagers. A person who begins to use alcohol or other drugs at an early age is very likely to become seriously dependent on them.



Teens have such problems as poor school performance, trouble with their parents, or criminal behavior.

# Insomnia

What causes insomnia in teenagers?

There's the lifestyle that teenagers lead. They stay up late at night, especially on the weekend, and then are unable to get up early during the week. They also end up sleeping most of the weekend to try and make up for all the sleep they lost during the week.



It's not uncommon for them to sleep at lunchtime or immediately after school, which makes the problem of not being able to sleep at night worse.

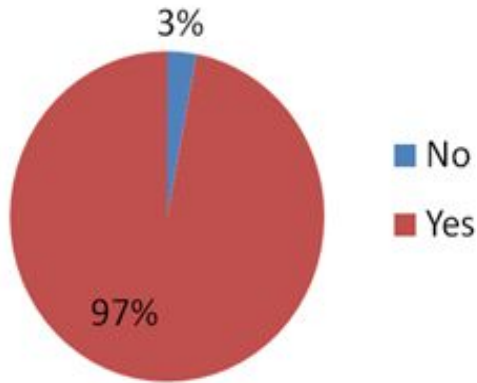
# The Research

To help with this research, I surveyed 40 teens from our school and asked them 10 questions:

1. Have you got a computer connected to the Internet?
2. Do your parents let you surf the Internet?
3. How often do you use the Internet?
4. What do you usually do on the Net?
5. Do your parents control your time on the computer?
6. Do they approve your surfing the net?
7. Do you have any arguments about the computer with your parents?
8. Do you feel tired after the work on the computer?
9. Have you ever had sleep problems?
10. How often do you go to bed after 11 o'clock?



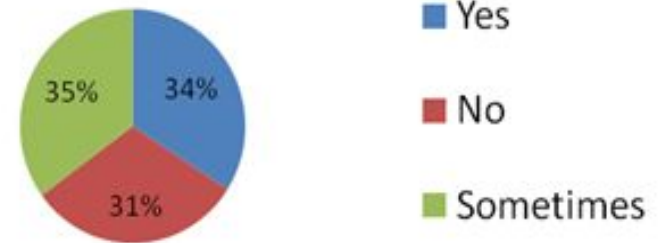
**Do your parents let you use the Internet?**



Most parents let teenagers surf the Net.

Almost a half of the students (45%) have had sleep problems.

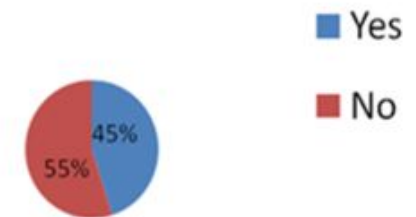
**Do your parents control your time on the Internet?**



control their children and 35% do it from

time to time.

**Have you ever had sleep problems?**



# Suggestions

I'd like to suggest some solutions to improve relationship between teenagers and their parents:

1. Teenagers should try to do what their parents tell them and not do what their parents dislike.
2. On the other hand, parents should also know how to react with their children in the best way.
3. In case of insomnia in teenagers, it is important for them to get into a regular routine with their sleep. If they can establish a habit, most of the sleep problems will disappear.
4. Parents should not ignore experimentation with alcohol and drugs in the hope that their teenage son or daughter will somehow learn about the risks involved or outgrow his or her drug-related behaviour. Parents should talk to their children about the risks and dangers.
5. Both have to try to reduce the animosity between them and start a relationship of love and respect, which I hope every teenager and parent can find.



# Conclusion

It's not easy for a teenager to solve his problems and , for every problem, the same solution is not possible. It's very important for parents to know the right way in which their teenaged children should be treated. Being a teenager is not something bad because it is, in my opinion, the best period of one's life and all our good times are spent in this period.



# Thank You for Your Attention!

