



VOCABULARY BANK

Teenage Life

Teenage Life | Bank 2: friendships, pressure and wellbeing | Cambridge IGCSE ESL 0511

1. Quick confidence check

Before you study the topic, mark the column that best describes your confidence with each word or phrase.

Word or phrase	New to me	I recognise it	I can use it
friendship	☐	☐	☐
peer pressure	☐	☐	☐
fit in	☐	☐	☐
stand out	☐	☐	☐
feel left out	☐	☐	☐
support a friend	☐	☐	☐
deal with stress	☐	☐	☐
talk openly	☐	☐	☐
make a mistake	☐	☐	☐
healthy boundary	☐	☐	☐
self-confidence	☐	☐	☐
ask for advice	☐	☐	☐

2. Vocabulary bank

Here are some useful words, adjectives, verbs and chunks that can be reused in exam answers. If you are not sure of their meaning, check online or ask your teacher.

Category	Useful vocabulary
Friendships	friendship, support a friend, talk openly, trust someone, feel left out, spend time together
Pressure	peer pressure, fit in, stand out, make a mistake, say no, healthy boundary
Wellbeing	deal with stress, self-confidence, ask for advice, manage emotions, feel anxious, positive relationship
Opinion chunks	A good friend should..., Peer pressure can make people..., It is hard to fit in when..., A healthy boundary means..., Teenagers can deal with stress by...

3. Match the meaning

Match each word or phrase with the correct meaning. Then choose four and write your own examples.

Word or phrase	Meaning
1. peer pressure	a. feel excluded from a group or activity
2. fit in	b. belief in your own abilities and value
3. feel left out	c. the feeling that you should behave like people your age
4. healthy boundary	d. request suggestions from someone who can help
5. self-confidence	e. feel accepted by a group
6. ask for advice	f. a clear limit that protects someone's wellbeing

4. Build useful chunks

Choose useful chunks from the grid. Then write three natural sentences you could use in a speaking or writing answer.

strong friendship	support a friend	talk openly
peer pressure	fit in	feel left out
healthy boundary	self-confidence	ask for advice

1. _____
2. _____
3. _____

5. Read in context

Read the text. The bold words are from the vocabulary bank.

Friendship and Pressure

Friendship is an important part of teenage life. A good friend should listen, **support a friend** and make others feel included.

At the same time, teenagers sometimes experience **peer pressure**. They may worry about trying to **fit in** or feel upset if they are left out.

It is useful to have a **healthy boundary**. This means being able to say no to something that feels wrong or uncomfortable.

When students **deal with stress**, they should try to talk openly with someone they trust. Asking for advice can build self-confidence and make problems feel easier to manage.

6. Check your understanding

Answer the questions in your own words. Use the vocabulary bank where it fits naturally.

READING CHECK

1. What should a good friend do?

2. Why might teenagers experience peer pressure?

3. What does having a healthy boundary mean?

4. How can asking for advice help students?

VOCABULARY IN CONTEXT

What does 'fit in' mean?

- A. Feel accepted by a group
- B. Finish a written task
- C. Travel to school early
- D. Learn a new subject

What is the writer's main advice?

- A. Teenagers should talk openly and set healthy boundaries.
- B. Peer pressure is always helpful.
- C. Friends should never give support.
- D. Stress should be ignored.

7. Use the vocabulary

Task	What to do
Speaking 1	Describe one quality of a good friend.
Speaking 2	Discuss this question: Is peer pressure always negative?
Writing	Write a short paragraph giving advice to someone who feels left out.
Review	Return to the confidence table. Choose one item you want to improve and write a clear example sentence.

8. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

- What makes a friendship strong?
- Why do teenagers sometimes feel pressure to fit in?
- How can someone say no politely?
- Who can teenagers ask for advice?
- How can self-confidence be improved?

**ANSWER KEY**

Teenage Life

3. Match the meaning

1. c = the feeling that you should behave like people your age
2. e = feel accepted by a group
3. a = feel excluded from a group or activity
4. f = a clear limit that protects someone's wellbeing
5. b = belief in your own abilities and value
6. d = request suggestions from someone who can help

6. Check your understanding

1. Listen, support friends and make others feel included.
 2. They may worry about fitting in or being left out.
 3. Being able to say no to something wrong or uncomfortable.
 4. It can build self-confidence and make problems easier to manage.
- MCQ 1: A. Feel accepted by a group.
- MCQ 2: A. Teenagers should talk openly and set healthy boundaries.