



Teenage Life

Vocabulary Long List

Topic vocabulary, useful phrases, phrasal verbs and idioms | Cambridge IGCSE ESL

<p>1 Learn by theme Study one table at a time.</p>	<p>2 Notice combinations Learn complete phrases, not isolated words.</p>	<p>3 Use the examples Adapt each sentence for speaking or writing.</p>
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Independence

Word or phrase	Meaning	Example sentence
independence	freedom to make your own choices	Teenagers gradually gain independence.
personal freedom	ability to choose how to live or act	Personal freedom should come with responsibility.
be trusted	be considered reliable	Teenagers want to be trusted by adults.
make decisions	choose what to do	Learning to make decisions is part of growing up.
self-reliance	ability to manage without too much help	Part-time work can develop self-reliance.
privacy	the right to keep personal matters separate	Teenagers often need more privacy.
curfew	a time by which someone must be home	Her parents agreed to a later curfew at weekends.

Responsibilities

Word or phrase	Meaning	Example sentence
responsibility	a duty to behave sensibly or complete tasks	Looking after a pet teaches responsibility.
household duty	a job that helps at home	Washing dishes is a household duty.
meet expectations	do what others reasonably expect	Students try to meet expectations at school.
be accountable	accept responsibility for actions	Young people should be accountable for their choices.
timekeeping	arriving or completing tasks on time	Good timekeeping shows maturity.
keep a promise	do what you said you would do	Keeping a promise builds trust.
part-time job	paid work for only part of the week	A part-time job can teach responsibility.



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Choices and mistakes

Word or phrase	Meaning	Example sentence
life choices	important decisions affecting the future	Friends can influence teenage life choices.
learn from mistakes	use errors to improve	Teenagers learn from mistakes when adults guide them.
make sensible decisions	choose carefully and responsibly	Sleep helps people make sensible decisions.
weigh up options	consider different choices	Weigh up options before choosing subjects.
consequence	a result of an action	Every choice can have a consequence.
take advice	listen to helpful suggestions	It is wise to take advice from trusted adults.
poor judgement	a bad or unwise decision	Tiredness can lead to poor judgement.

Friends and peer pressure

Word or phrase	Meaning	Example sentence
peer pressure	influence from people of the same age	Peer pressure can lead to risky behaviour.
friendship group	a group of friends	A supportive friendship group improves wellbeing.
fit in	feel accepted by others	Many teenagers worry about fitting in.
stand up for yourself	defend your opinion or rights	It can be hard to stand up for yourself.
social circle	people someone regularly spends time with	Her social circle changed after joining a club.
positive influence	a helpful effect on behaviour	Good friends are a positive influence.
peer influence	the effect friends or classmates have on behaviour	Peer influence can be positive or negative.



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Confidence and identity

Word or phrase	Meaning	Example sentence
feel confident	feel sure about your ability or value	Practice helps students feel confident.
self-esteem	how much someone values themselves	Social media can affect self-esteem.
identity	who someone is and how they see themselves	Teenagers are still forming their identity.
personal style	a way of dressing or behaving that expresses identity	Clothes can show personal style.
body image	how someone feels about their appearance	Unrealistic photos may harm body image.
express yourself	show your thoughts, feelings or identity	Music can help teenagers express themselves.
self-expression	showing personality, thoughts or feelings	Fashion can be a form of self-expression.

Pressure and wellbeing

Word or phrase	Meaning	Example sentence
manage pressure	deal with stress in a sensible way	Exercise can help teenagers manage pressure.
exam stress	worry caused by tests or exams	Exam stress is common but manageable.
mental wellbeing	emotional and psychological health	Friendships support mental wellbeing.
coping strategy	a method for dealing with difficulty	Deep breathing is a simple coping strategy.
feel overwhelmed	feel unable to cope	Students may feel overwhelmed before deadlines.
ask for support	request help	It is important to ask for support early.
healthy routine	regular habits that support wellbeing	A healthy routine includes sleep, food and exercise.



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Family relationships

Word or phrase	Meaning	Example sentence
generation gap	differences in ideas between age groups	The generation gap can cause arguments.
family rule	an expectation set by parents or carers	A curfew is a common family rule.
compromise	an agreement where both sides give up something	A compromise can reduce conflict.
respect boundaries	accept limits set by another person	Families should respect boundaries.
open conversation	honest and calm discussion	An open conversation can solve misunderstandings.
earn trust	become trusted through behaviour	Teenagers earn trust by being reliable.
family expectation	something family members believe someone should do	Family expectations can affect subject choices.

Future and growth

Word or phrase	Meaning	Example sentence
maturity	sensible behaviour that develops with age	Maturity grows through experience.
personal growth	development of character, confidence or ability	Volunteering can support personal growth.
role model	someone whose behaviour others admire	A sports coach can be a role model.
develop independence	become more able to manage alone	Travelling to school can develop independence.
take responsibility	accept duty for actions or tasks	Teenagers need chances to take responsibility.
prepare for adulthood	get ready for adult life	Managing money helps teenagers prepare for adulthood.
adult responsibility	a duty usually associated with adult life	Managing money is an adult responsibility.



Phrasal verbs

Use these natural verb combinations when speaking or writing about this topic.

Word or phrase	Meaning	Example sentence
grow up	become older or more mature	Teenagers grow up at different speeds.
hang out	spend relaxed time with others	Friends hang out after school.
fall out	stop being friendly after an argument	They fell out over a misunderstanding.
make up	become friendly again	The friends made up the next day.
open up	talk honestly about feelings	Teenagers may open up to a trusted friend.
fit in	feel accepted	New students often want to fit in.
stand up to	resist someone confidently	She stood up to peer pressure.
calm down	become less upset	Talking helped him calm down.
work out	solve or understand	Families can work out fair rules together.
take on	accept responsibility	He took on more chores at home.
look up to	admire	Many teenagers look up to older siblings.
move on	stop focusing on a past problem	Learning from mistakes helps people move on.

High-value collocations

develop independence	make decisions	take responsibility
learn from mistakes	make sensible choices	take advice
manage peer pressure	feel confident	protect self-esteem
manage pressure	ask for support	respect boundaries
earn trust	prepare for adulthood	express your identity
maintain friendships	deal with conflict	develop maturity



Idioms and figurative expressions

Use these selectively. One natural expression is more effective than several forced into the same answer.

Word or phrase	Meaning	Example sentence
find your feet	become confident in a new situation	New students need time to find their feet.
spread your wings	become more independent	Leaving home allows some teenagers to spread their wings.
under someone's thumb	controlled by another person	Peer pressure can make people feel under someone's thumb.
learn the hard way	learn through mistakes	He learned the hard way that deadlines matter.
stand on your own two feet	be independent	Part-time work helps teenagers stand on their own two feet.
at a crossroads	facing an important decision	She was at a crossroads when choosing subjects.
clear the air	discuss a problem honestly	The family meeting helped clear the air.
come of age	become mature or legally adult	The story follows a teenager coming of age.

Exam-ready language

Purpose	Useful sentence frame
Introducing a benefit	<i>One significant benefit is that...</i>
Introducing a drawback	<i>A possible drawback is that...</i>
Balancing an argument	<i>Although this offers clear advantages, it may also...</i>
Explaining a result	<i>As a result, people may...</i>
Giving an example	<i>A clear example of this can be seen when...</i>
Making a comparison	<i>Compared with..., this option is...</i>
Giving advice	<i>People can improve the situation by...</i>
Suggesting action	<i>One practical solution would be to...</i>
Expressing caution	<i>It is important to consider whether...</i>
Giving an opinion	<i>In my view, the most sensible approach is to...</i>