



Name: \_\_\_\_\_ Year: \_\_\_\_\_

Date: \_\_\_\_\_

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## I. Reading and comprehension

Read the following text.

### MINIMALIST TEENAGERS

Four years ago, we sold, donated or discarded most of our material possessions. It was a decision based on discontent with our current lives. We were tired of living pay-check to pay-check – never able to get ahead with our finances. And we were growing weary of all the time, energy and effort that our possessions were draining from us. We realized we had far too few resources left over for the things most important to us.

Since embarking on **this** life-giving journey, we have found this lifestyle resonates effectively with young adults, parents, and older generations.

There are, of course, significant challenges in reaching teenagers with the message of simplicity:

- The world around **them** grows increasingly materialistic;
- Teenagers value acceptance and conformity with their peers;
- Advertisers target their message to the young adult demographic;
- Teenagers are beginning to explore their own decision-making. As a result, they are less likely to value input from others... particularly parents.

The challenges are certainly formidable. But we find great motivation by also recognizing the benefits of reaching teenagers with this message:

- Many of their significant decisions are still ahead of them. The message of simplicity helps equip them to make wise ones.
- They are not in debt... yet. As a result, they are not held captive under the weight of creditors (especially housing, cars, student loans).
- Their spending habits are not yet formed. They are definitely being shaped, but are not fully determined.

We must recognize the challenges before us. But we also understand the importance of sparing our teenagers from decades of financial burden and empty promises of fulfilment. We recognize an important opportunity to inspire our teenagers to pursue lives of greater value.

As parents, mentors, and community members, it is our duty to model simplicity, encourage idealism and teach teenagers what matters most is not what they own, but who they are. Finding an accompanying voice in the community that subscribes to these values and providing opportunities for him/her to contribute to your teenager's life may also be beneficial.

Our world has chased happiness, joy and fulfilment in the pursuit of riches and possessions for far too long. It is time we intentionally seek to raise a generation that values greater things.

Source: Adapted from <http://zenhabits.net/minimalist-teenagers/>

1. According to what you have read, what changed four years ago?

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2. Explain the sentence “Teenagers value acceptance and conformity with their peers”.

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3. Complete the following sentences using information from the text.

a) Teenagers are starting to \_\_\_\_\_

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b) Most of their biggest decisions \_\_\_\_\_

c) Creditors don't yet \_\_\_\_\_

4. Say what the following words refer to.

a) it (l.1) \_\_\_\_\_

b) this (l.6) \_\_\_\_\_

c) them (l. 9) \_\_\_\_\_

## II. Vocabulary

1. Complete the following text with six words from the box. Use each word only once.

television

woman

community

material

minimalist

purchase

### 5 tips for raising teenagers (in an age of consumerism!)

Model simplicity. The first (and most important) step in raising \_\_\_\_\_ teenagers is to model for them the joys and benefits of intentionally living with less.

Volunteer as a family. Be active offering your time in the \_\_\_\_\_ through a local soup kitchen or community organization that serves the underprivileged in your area.

Watch less \_\_\_\_\_. It's not hard as you think... and has immediate results.

Make teenagers pay for expensive items themselves. Asking teenagers to \_\_\_\_\_ expensive items with their own money will create a stronger sense of ownership and a better understanding of the relationship between work and consumerism.

Teach them what matters most is not what they own, but who they are. A man or \_\_\_\_\_ of noble character holds a far greater asset than those who have traded it for \_\_\_\_\_ possessions. Remind the teenagers in your life of it as often as possible.

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