

Emma

Being a teenager isn't as easy as you would think.

When you leave primary school you become a young adult, and all things that you believed in are either reinforced or broken. You can be lucky and be accepted as a “popular person” or for simply being yourself; you could remain an outcast until you leave that school. There is a hierarchy that is followed in each school, and both the boys and girls follow it. There is in both cases a leader for the boys and for the girls, then there are those who follow the leaders. Then there are those who don't fit in at all and become loners.

It's difficult to listen to your parents when they continually say to you, “these are the best days of your life” because sometimes, you struggle to see how this can be so. You feel pressure, a strong need to fit in even for just a moment, and even though you are told by your parents, “no matter what grade you get we will always love you.” There is still a deep feeling inside that if you don't do well, you will let your parents down and you will destroy your life. There is also a fear suppressed and hidden beneath the surface, that if you do too well, you will be called a “stew” by all of your peers. So you are caught in a catch twenty-two; and there is no way of avoiding the stress or worry.

As young people we enjoy watching television, but most of the series and movies we watch contain sexual scenes or suggests that something sexual is going to happen. Some series such as *Desperate House Wives*, *Skins* and the recently ended *Charmed* all have brilliant plots, but they all contain sexual scenes of some sort and put pressure on their young viewers to quickly lose their virginity as television says, “it's only sex.” I along with every other young person watch these shows and wait with

anticipation for the next episodes to appear on the television screen. Watching these shows is part of a weekly routine that I personally intend to keep.

When you are a young person everything revolves around your school life. For those that you meet in school are those you will stick with for the five to seven years that you stay there, and some of the friends you meet there may be your friends for life. You constantly are trying to better yourself in school in order to get the attention of others. You go to sleepovers, shopping and clubbing all with the people you meet in school. This puts pressure on you because you feel the need to be perfect and to fit in with all the rest of your peers.

Bullying is in full flow when you are a young person, it's not physical in my opinion it's mainly verbal, or the people just basically exclude you completely. There are those who stand in a group of people and seem like they in a crowd or "click" but what others don't realize it that they aren't included in the conversation what so ever.

Appearances, for boys and girls must be kept to perfection, anywhere you go you feel as if you are constantly being judged. For girls must have include fake tan, foundation, eyeliner, hair straightened or curled (never natural) lip-gloss and if you have small eyelashes eye mascara. For boys it's much easier spiked hair if short, natural or straightened if long, and some aftershave. It isn't just people who surround you that put pressure on you to look good, it's the media also. When my generation walk into a newsagents all we see are pictures of body perfect celebrities, then we feel guilt and often will do something extreme in order to "better ourselves." Some may slit parts of their body usually it's the legs or wrists, and others may go in a crash course diet which could end up resulting in bulimia or anorexia.

If you want to fit in with the others you have to be prepared to be able to become a rebel in some shape or form. This is how it's always been in my opinion, rebelling against the adult community brings the younger community together. Different forms of rebellion include drinking alcohol before of age, having sex or doing acts, which involve sexual organs, smoking and taking drugs like cocaine. Though this is not the case with all of the young people it becomes a way that they socialise, drinking alcohol at house parties as well as alleyways is the usual form of rebellion.

In my personal opinion being able to fit in is the most important thing in the world. being able to fit in has always been a trial for me but I always manage to find a group who accepts me for who I am. I've spent many a long day pondering, "Why do some people never seem to fit in?" Then after long thought and consideration I discovered the answer. They aren't replicas of everyone else! If you look at what everyone wears they all wear similar things, unless they are of a different group for example Goths. Go into any secondary, grammar or intergraded school and you are guaranteed that the so-called popular people are discussing any of the three following topics.

- 1) "Are you going out this weekend?"
- 2) "What are you going to wear?"
- 3) "Who did you go with?" - This means: Who did you kiss?

When I turned a teenager it seemed everything had changed drastically, I wasn't seen as a child anymore. Now I am sixteen I finally realise why teenagers can have such bad mood swings. There is so much you have to cope with, friends, peers, and getting good grades and on top of all that you're expected to get a job so you can start paying for your own things as well as contribute to taxes. You also have to cope with hormones and sometimes the lack of hormones. If your hormones are racing all you can think of is the opposite sex, and if not you have to deal with peers questioning why aren't you attracted to anyone.

Some young people are less fortunate than I; they have to deal with coming home from school and having no one there to say, "How was your day?" It's because both of their parents work, and because of this they have to deal with any problems they have by themselves. With nobody to turn to, no shoulder to cry on when their upset it can become very stressful as well dangerous. It's dangerous in the sense it can crush the young persons spirits and make them give up hope because without parents to talk to problems can soon be magnified into something much worse.

All young people live for today and don't think about what tomorrow may bring, it's always about enjoying the night. My friends tell me to relax, but when it's half four in

the middle of a town you barely know and it's raining; it's a struggle to even consider about relaxing. Then when day finally breaks, you have got a slight cold you finally realise it was stupid to stay out in the rain for hours on end.

The average young person goes clubbing at least ten times a year, I on the other hand don't enjoy it I prefer just to listen to music in my room while spontaneously springing in to dance. Mostly there is alcohol consumption, but they have to always carry chewing gum with them to disguise "beer breath" in order to get into the clubs. To get into these over eighteen clubs every young teenage girl dresses up or in most cases "down." They wear small tight outfits in order to make themselves look older and in most cases it works but in others, they could spend the whole night waiting outside until their friends come back.

Mobiles and Internet! It's our form of communication, and it's the world's excuse why people are getting over weight. Without mobiles and emails our generation wouldn't be the same, because everyone has a mobile and almost everyone has the internet when we are planning to go out all we do is give our friends a quick text to find out what they are planning to do.

In my own personal experience I have discovered who ever you become friends with will completely affect your life sometimes bad, and sometimes good. I've had mostly bad in my life but it's made me stronger and made me who I am today. I've battled some of the strangest things ever from being slapped in the face during class, to being Mexican shushed in class, (like a Mexican wave but instead saying shush.) Most young people also can see some horrific things such as other youths slitting their wrists outside local supermarkets with broken glass they find on the ground.

Music, television, celebrities and school control all of my actions as well as all other young people. The music that you like and listen to can determine the kind of people you will end up being friends with. Television influences how we talk, what we wear, and even affect our opinions about things. Celebrities make us want to make ourselves better and by better I mean thinner and more fashionable, and school effects what group we are in as well as the possibility that we may not fit in at all.

So being a young person is anything but easy at times, there are so many different pressures that surround your life. From restless nights for exams to being able to fit in with all the “popular people.” Though we do have goodnights out and live for the night, when morning comes sometimes it wasn’t just quite worth it. Starting jobs and keeping hormones under control is more difficult now than ever, because of influences on television. Those who surround us are constantly judging us, and we feel that we are also being judged by the outside world. Though we know there is always the one thing we can always rely on; our mobiles and in my case my family. So do you think now that it’s easy being a teen?