

**Explain why it is hard to be a teenager now. What advice would you give to teenagers these days?**

There is absolutely no doubt that the life of teenagers is totally different from what it was ten years ago. The world constantly changes and people have to adapt, not to mention the fact that people change as well.

One of the main differences between the life of teenagers now and ten years ago is the abundance of opportunities. Due to technological advances and fast development of the internet, teenagers no longer have to spend a lot of time on the research process as a lot of useful information can be found online in a few mouse clicks. Clearly, they still have to conduct research studies when they get such assignments. Yet, they do not need to go to the library for hours trying to find and copy theoretical materials which they require to complete their task. Instead, they can get access to everything they need online. There are lots of great online libraries, not to mention the fact that the majority of schools and universities have a decent catalog of helpful resources available on their website.

However, there are a few negative aspects about the lives of teenagers nowadays as well. For example, they do not socialize as much as teenagers did ten years ago. Even though the development of technologies offers us tons of great opportunities to stay connected ( text messages, video calls, social network), it is not quite the same as talking to a person that is standing right in front of you. What is more, the lack of socialization creates the problem of not being able to make new friends. As a result of that, a lot of teenagers feel lonely these days. The most worrying part about it is that the feeling of being lonely may further transform into depression or social anxiety.

In regards to advice which I would give to teenagers these days, I would say the following: do not be afraid to go out and explore the world. There are tons of great people you can meet. There are tons of great experiences you can have. Don't be afraid to discover something new. Don't be afraid to talk about your feelings. Share them with the people you love. Ask for help. Be present in the moment.

Enjoy the world. Enjoy your life. Worry less. Do not stress out much about the things you cannot change. You are going to do great. You are going to be just fine.