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Outline:

LT: Having strong emotions that they don't feel can be told to anyone

TP1: Friendship problems

CD: Most teenagers think they are alone without deep friendships.

TP2: Afraid of being bullied

CD: 20% of students from 12 to 18 have been bullied in the US— [Stop Bullying.gov](#)

TP3: Parents don't understand

CD: They will react strongly — [Teen Line](#)

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Teenagers are known to be moody and spend more time with their friends than family. However, no one knows what teenagers are truly thinking and what they are feeling but themselves. Because of teenagers' friendship problems, the mass bullying in school, and the misunderstanding of parents, teens are lonely without anyone to talk to.

These days, many teenagers have friendship problems. For example, many teenagers feel they don't have any friends they can really trust enough to talk with about their feelings. Many teenagers look like they have many friends, but the only things they actually do with each other are gossip and play games. However, this is only a friendship that makes their school life more interesting, not one that is made out of trust. So, they can't tell these friends the problems they are going through. Also, many teens lie to their friends to have a good reputation and make their friends like them. So, they have to keep lying, otherwise, their friends would not be their friends anymore. Therefore, because teenagers don't form any deep friendships with other people, they are left alone without anyone to go to about their feelings.

Teenagers also face another problem, bullying. Most teenagers don't talk to anyone about their true feelings because they are afraid of being bullied. According to [Stop Bullying.gov](#), more than 20 percent of students ranging from 12 to 18 have been bullied in the US. Teens also have popularity contests, everyone wants to be the most popular kid in school because it means that you will have the most friends and people will want to be with you just to be a part of the cool kids. Yet this will make teens think twice when they want to tell someone about the problems they are going through because this might change their social status or make them a target for bullying. Therefore, teenagers keep their feelings to themselves because they don't want to be bullied by their peers.

Teenagers all think their parents don't understand them because the parents are not going through the same challenges as they are. According to [Teen Line](#), many teens don't tell their parents any of their true feelings because the parents will have really strong reactions. For example, many teens don't want to tell their parents anything because they are afraid it will hurt their feelings. Similarly, parents will get angry when their children tell them they have done something wrong, or when what the teens say contradicts what the parents want. Therefore, teens usually don't tell their parents anything whenever their parents want to talk to them about their feelings. Or they lie whenever their thoughts are different from their parents'.

In conclusion, because of shallow friendships, bullying, and parents that don't understand any part of what their children are going through, teens can't express their true feeling and troubles to anyone. That is why teenagers have diaries that are full of words and tear stains that no one will ever read.