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There are just some items that we can't live without and teens have a long list. But let's look at just a few that is the key to our survival.


The number one thing that we can't live without is . With  by our side we can conquer the world, or at least high school.  are always there and keep us sane, and somewhat calm. They also help us through the good and the bad, and make us laugh daily.

The second is our  teens and their  are like a cake and ice cream, they pair so well together that it isn't right if they are split apart. Although we may get attached to them, we can't be blamed. Their ability to play our favourite music, record the funniest videos, and scroll through our Instagram feeds can keep us entertained for hours. With all those gadgets and games it is hard to resist the siren call of our .

The third is .  is an important part of life for anyone but for a teenager, it is a big priority. With endless combinations, there is no way that we wouldn't be up for new things to try.

The fourth is . It can make you dance like no one is watching, and sing like you were on the biggest stage in the world.


The fifth is Netflix. Now Netflix has been on our computer and phone screens for a while but there is always something to keep you entertained. With shows like *Friends*, *Stranger Things*, and *the Office* there is truly something for everyone. With new shows being added all the time Netflix keeps the attention span of a teen entertained.

The sixth is . There are so many places to go and to see and it is our human nature to be curious. Places like Rome and Paris have centuries of their history and culture. With the ability to fully emerge yourself in a foreign culture it is always an interest of many.

The seventh is   like music can make you feel a wide range of emotions and with its lure of popcorn and candy what's impossible not to love.

The eighth is Makeup. When your little sister dresses up as your mom and puts on her makeup, it is always a fun. In high school we still love makeup but we appreciate it in different ways. Makeup can help us express who we are as individuals and make us feel like a million dollars.

The ninth is Earbuds. They allow us some privacy. With earbuds in you can listen to music or a video and not have to worry about seeming rude in public. Earbuds are so small, you can fit them anywhere and they can give you the freedom to move cordless without your phone.

The tenth is .  is important to anyone and usually includes a group of people related to each other and living together.