



Take a crash course in teen chic

What's supercool in the teen world this season? Sunilk (www.gethairapy.com) shows you how to fit right in.

They'll be wearing...

Layers Leggings are the fall must-have as skinny jeans. They're layered with minis, tunic sweaters, vests, slouchy socks and boots.

Military styles Look for camouflage pants and cropped jackets with big buttons and epaulettes.

Red lipstick Punctuating clothing's sea of grey and muted tones, red lips add a sophisticated note while the rest of the makeup is understated.

Long, wavy tresses They're pulled up into ponytails, buns or messy updos or worn down and slightly tousled. To go short 'n' chic, think boho princess.

They'll be watching...

So-Cal shows They're still hot, according to a poll of girls 12 to 15. Might as well sit yourself down and enjoy the palms, surf and other scenery.

Talent telly...

Is your teen a secret superstar? Aren't we all at heart? How else to explain the phenomenal ratings of wish fulfillment

shows that showcase the singing and dancing talents of ordinary people.

Fantasy flicks...

Magical worlds with wizards and pirates once again dominate both the large and small screens. What a great way for teens—and parents—to become kids again for a few hours.

Wired for sound...

If it sometimes seems like your teen is permanently plugged into her MP3 Player, she's not alone. One report cited an average of more than 16 hours a week among some teens.

Pop quiz...

Take a lesson in teen culture. Purchase the compilation music CDs of your daughter's favourite TV shows and listen to them on the way to work. Bonus points for uploading them to your MP3 Player.

Déjà vu

Finding this season's fashions bear more than a passing resemblance to your high school wardrobe? Resist the urge to offer up your old accessories and take her shopping instead.

—News Canada

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