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"**Thirteen**" is a coming-of-age comedy-drama film released in 2009, directed by Mike Mills and based on the novel of the same name by Walter Kirn. The story revolves around Justin Cobb (played by Lou Taylor Pooch), a high school senior who still sucks his thumb, causing concerns among his family and peers. To address his thumb-sucking habit, Justin seeks help from various sources, including orthodontics, New Age philosophy, and prescription drugs. Throughout the film, Justin navigates the challenges of adolescence, identity, and family dynamics while trying to overcome his personal struggles. The film explores themes of self-discovery, family relationships, and the complexities of growing up.

Vocabulary

- **ADHD (Attention-Deficit/Hyperactivity Disorder):** Attention issues are a central theme in the movie as the protagonist struggles with symptoms that could be indicative of ADHD.
- **Adolescent Identity Crisis:** The film delves into the classic adolescent struggle to form a sense of identity and purpose.
- **Family Dynamics:** The relationships within the family are crucial, and the movie examines how they impact the characters' mental and emotional well-being.
- **Self-Exposure:** The characters' self-exposure, particularly the protagonist's, is explored as he grapples with personal insecurities and doubts.
- **Psychotherapy:** The protagonist's interactions with his therapist provide insights into the world of psychotherapy and its role in personal development.
- **Substance Abuse:** Substance abuse and its psychological implications are evident as some characters use drugs as coping mechanisms.
- **Parenting Styles:** Different parenting styles are portrayed in the movie, showcasing how they can affect a child's psychological development.
- **Peer Pressure:** The protagonist faces peer pressure from friends and classmates, which can have significant psychological effects on adolescents.
- **Coping Mechanisms:** The characters employ various coping mechanisms to deal with life's challenges, shedding light on how individuals handle stress and emotional difficulties.
- **Anxiety and Stress:** The characters experience anxiety and stress, reflecting the psychological impact of life's pressures and uncertainties.

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