Class：6A
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Adolescents' problems
Are you facing these two problems? Listen to our students' counsellor's advice.

Teenagers overuse social media
Social media helps us connect with people, but it is not without its demerits. Inappropriate use could bring about problems, such as isolation and cyber-bullying. Worse still, if you are obsessed and just cannot put your mobile device down, you are addicted to it and get stuck in a virtual world. Teenagers who are found using social media for more than five hours a day are generally suffering from negative impacts on their academic performance and are lacking in interpersonal relationships.

Teenagers suffer from depression
When you feel desperate about your life and feel there is no escape from your problems, you may be prone to depression. In this day and age, the depression rate is increasing sharply among adolescents. It is truly disheartening to hear that teenagers are committing suicide when they have no one to turn to for help. This often happens when teenagers are susceptible to harsh remarks made by their parents, or, on some occasions, cannot live up to their parents' academic expectations.

The key is to empower teenagers and boost their confidence to face adversity. Tragedy can be averted if there are more programs to teach them how to cope with emotional problems. In the meanwhile, parents should spend quality time with their children and communicate with them so that they feel they are loved and valued no matter what the circumstances are.

You are always welcome to chat with us online, just visit:
http://www.happyhealthyteens.com

Remember, you are not alone! Come and talk to us anytime!