

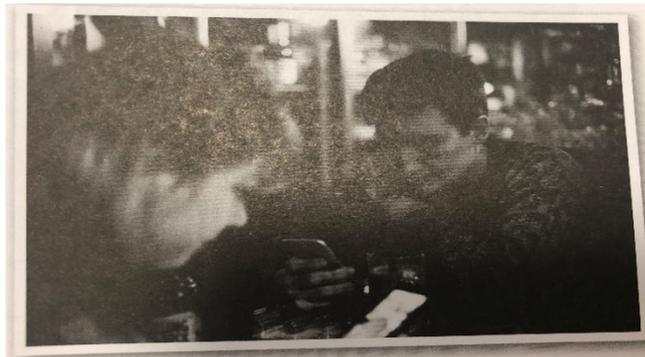
Class : 5A

Name : Chan Cheuk Hang, Henry

Topic : Information and advice leaflet

Teen Problems and How to Deal with Them

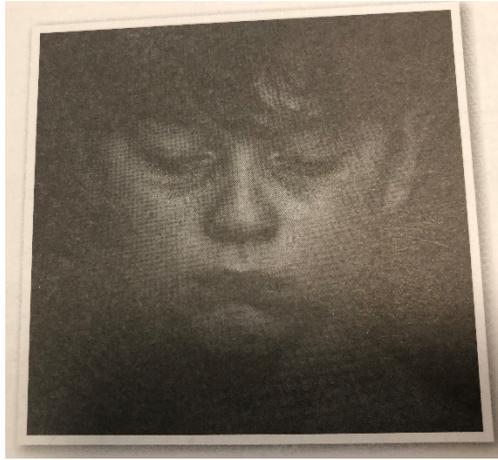
Are you facing these two problems? Listen to our student counsellors' advice.



Teens Tend to Use Smartphones Non-Stop and Withdraw from Social Life

Teenagers are among the biggest users of electronic devices, for example, MP3 players, laptops, and, most importantly, smartphones. Thanks to the advancement of technology, we have the most up-to-date gadgets at our fingertips. However, it seems that we, teenagers, are so obsessed with them that we lose touch with reality. We cannot resist the temptation to check new messages and this may offend our friends and family members. In other words, our behavior is ruining our own interpersonal relationships.

To balance your time between your electronic devices and your social life, you need to develop your autonomy. You can simply refrain from using your electronic devices around the clock. In order to achieve this goal, you should turn off the notifications on your smartphone. Once you do so, you will realize that there are a lot of wonderful things in life that deserve your attention. Limiting your daily time online will help you overcome smartphone addiction.



Teens Often Feel Anxious due to Undue Pressure

When you feel overwhelmed by stress, it is important for you to calm down and analyze the root cause of the problem. There is an enormous amount of pressure being faced by teens, ranging from academic pressure to parents' unrealistic expectations. Those who cannot handle such intense pressure may suffer from low self-esteem. They may lack motivation and are afraid of showcasing their own abilities.

The key is to adjust your mentality. Instead of blaming yourself, why not recognize that no one is perfect? Criticizing yourself will not help alleviate the situation. The only thing we should do is to admit our weaknesses and attempt to make improvements. Teenagers are vulnerable to unreasonable criticisms from parents. In order to avoid misunderstandings, we should have a sincere talk with them and air our views. This should be done before the confrontation becomes irreversible.