

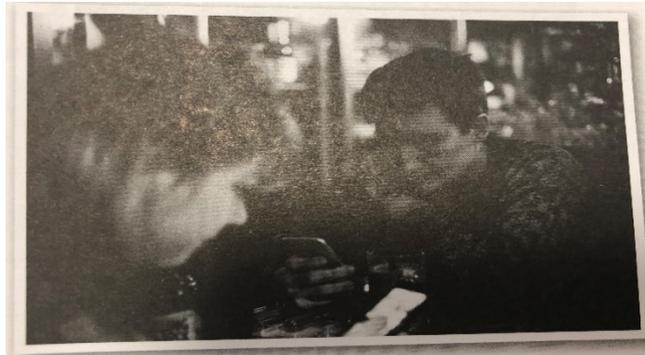
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Topic : Information and advice leaflet

Two Pieces of Advice for Troubled Teens

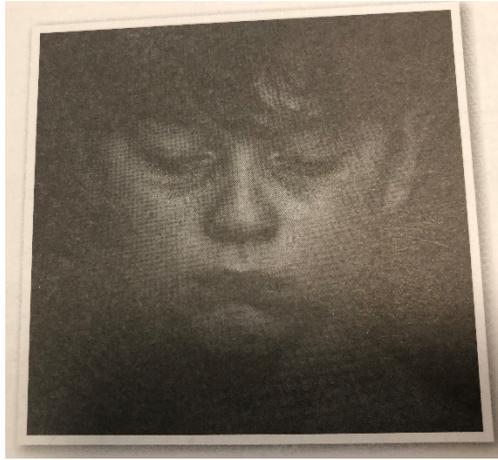
Are you facing these two problems? Listen to our student counsellors' advice.



Teenagers Obsession with Electronic Gadgets Leads to an Unnecessary Waste of Time

Teenagers are among the biggest users of electronic gadgets. They often use them for long stretches of time to relax, due to their hectic school life. In this day and age, it is not uncommon to see teenagers browsing social media apps and liking others' posts constantly. Needless to say, youngsters are addicted to this virtual illusion. This trend can be attributed to teenagers' weak self-control and lack of goals. This brings a series of negative impacts, such as wasting time. Sadly, teenagers aren't aware of this deteriorating problem.

To balance your time between the virtual world and reality, you should put down your phone and have more real-life interactions. Instead of chatting with your friends on the phone, why not invite them out to talk face to face? You can also make new friends and spend time with your loved ones. By doing so, you cannot only strengthen existing friendships, but also develop new ones. Hence, it is essential for you to put down your phone.



Frustrated Youth Cries under Massive Pressure

When you feel down because of falling short of your parents' high expectations, you should know this: it is an ordinary situation that Hong Kong students face. In this exam-oriented society, teenagers are often told to strive for academic excellence. However, more often than not, parents turn a deaf ear to teenagers' other needs, such as social interactions and their desires for entertainment. It is no wonder why youngsters are under high academic and family pressures, which may lead them to developing emotional problems, including anxiety and depression.

The key is to have a sincere talk with your parents. Other than meeting your parents' high hopes, why not tell your parents about a rational target? By doing so, you can put an end to the massive pressure you are facing. Meanwhile, you can also have more time to do things you like, such as picking up a new hobby or acquiring new skills. Soon, you can discover valuable things in life and have a more fruitful and purposeful future.