



Teenager's Guilty Pleasures



Nowdays, most teenagers are harming themselves either by smoking, eating junk food or using the net for too long. They might find pleasure and joy in doing so, but they might not realise their effect on health.

Starting off with smoking, which is extremely dangerous, it might cause serious health problems, such as lung cancer, as well as nervous system destruction, so why even bother?

Next, junk food or fast food. This has become a very popular habit among us -teenagers, but we don't even know what it's made of. It's a matter of fact that it's not healthy as it contains a high percentage of fat, and it might lead to illnesses and food poisoning. Lastly, the internet addiction that half of the globe is struggling with, might not only lead to eye sores and headaches, but also mental illnesses and negative effects on one's school performance. These habits need to be gotten rid of, and if you don't know how, no worries, here are some solutions to each one of them. For smoking, try seeking help from a family member or a friend, then try relying on nicotine replacement therapies. You have to know that junk food isn't as necessary as vegetables. You can make your own homemade burger or French fries. If you're a bit overweight, you might want to start a diet. As for internet addiction, try staying away from your device for a period of time and you'll notice that using it is not a matter of life and death.

If you really want to get rid of these nasty habits, but you can't find someone to rely on, you can come and talk to me, I'm always there to listen. You'll find me in 9th grade 2nd class and always ready to help.

-Mirhane Glenza 9p2-



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