

Bad habits among teenagers

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NAIL BITING IS MAKING YOUR HANDS UGLY

SLEEPING IN IS MAKING YOU LATE



SMOKING IS GIVING YOU CANCER & WRINKLES

FAST FOOD IS MAKING YOU FAT

SITTING ALL DAY IS MAKING YOU FAT



WASTING TIME ONLINE IS MAKING YOU FAT & BORING



BAD HABITS

- *Smoking*
- *Drinking alcohol*
- *Taking drugs*



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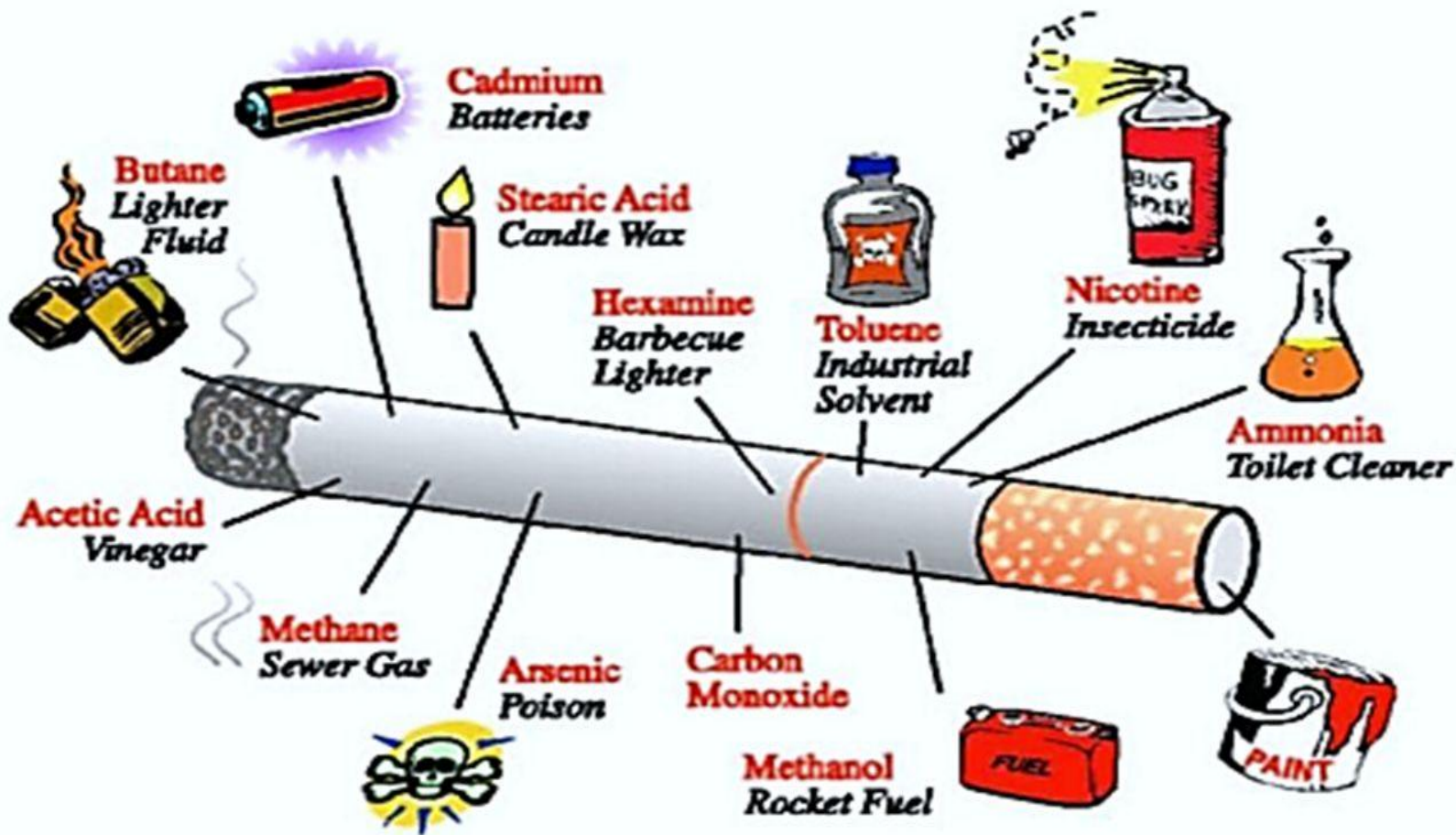
DEGRADATION



Say no to drugs!

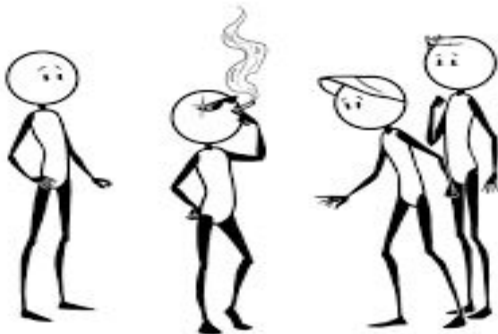
What's in a Cigarette?

Cigarettes contain toxic ingredients & chemicals like:



REASONS WHY DO YOUNG PEOPLE SMOKE:

- **Out of curiosity**
- **Used as appetizer**
- **Peer Pressure**
- **Just for fun**
- **To relieve stress**
- **To relieve anxiety**
- **Acceptance in the group**
- **To prove their manhood**



10 REASONS WHY YOU SHOULD QUIT SMOKING RIGHT NOW!

1
Triggers
Respiratory
Problems



5
Causes
Low
Fertility



2
Increases
Risk of
Lung Cancer



3
May Bring
on Type-2
Diabetes



4
Accelerates the
Aging Process



6
Doubles Risk
of Rheumatoid
Arthritis



7
Speeds Up
Mental Decline



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What Is Alcohol ?

**Alcohol is a
Depressant. It lowers
blood pressure,
respiration,
decreases the
response time,
impairs muscle
coordination and in
sufficient amounts
causes death.**



Why Do Teens Drink?

Experimentation with alcohol during the teen years is common. Some reasons that teens use alcohol and other drugs are:

- ❑ Curiosity
- ❑ To feel good, reduce stress, and relax
- ❑ To fit in
- ❑ To feel older

From a very young age, kids see advertising messages showing beautiful people enjoying life and alcohol. And because many parents and other adults use alcohol socially having beer or wine with dinner, for example alcohol seems harmless to many teens.



alcohol can affect your health

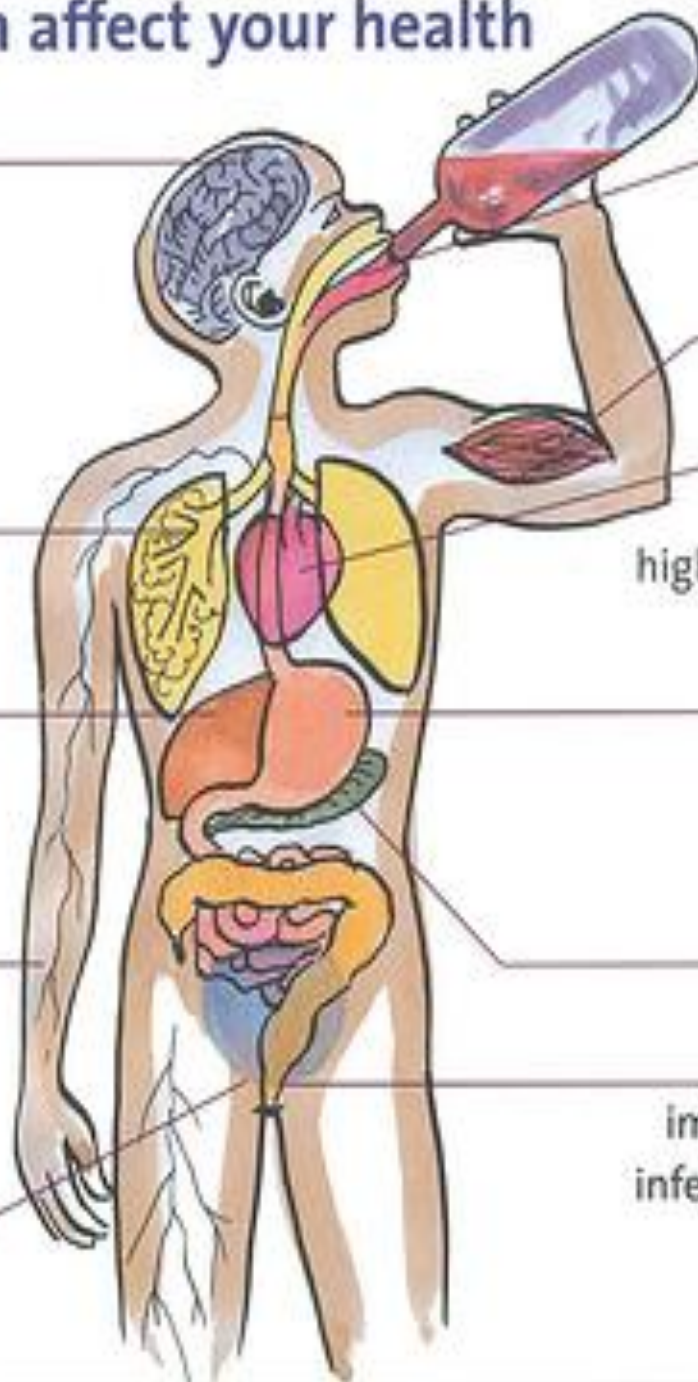
brain damage
loss of memory
hallucinations
fits
dementia

risk of chest
infection

swollen liver
hepatitis
cirrhosis

tingling nerves
numbness
trembling hands

risk of STI and
HIV/AIDS



poor control of
diabetes

loss of muscle

enlarged heart
high blood pressure
irregular pulse

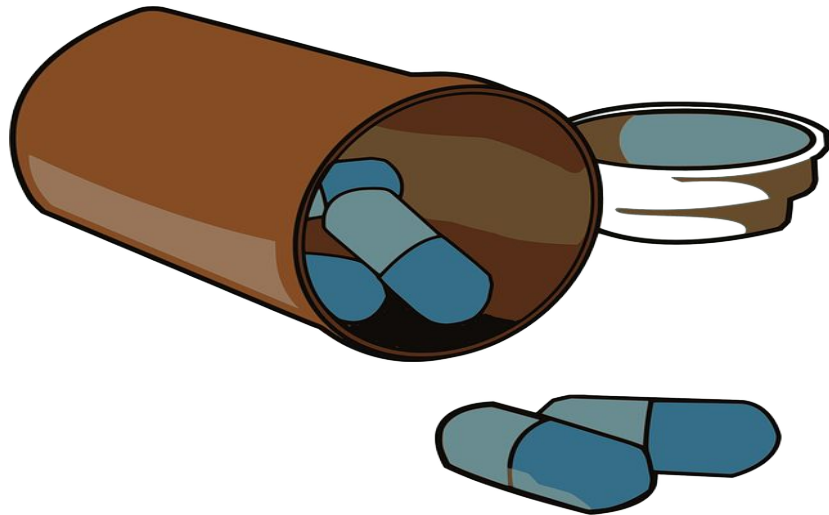
ulcers
gastritis
vomiting blood

pancreatitis

impotence in men
infertility in women

What is Drug ?

Any substance, other than food, used in the prevention, diagnosis, all aviation or treatment of a disease is called a drug.

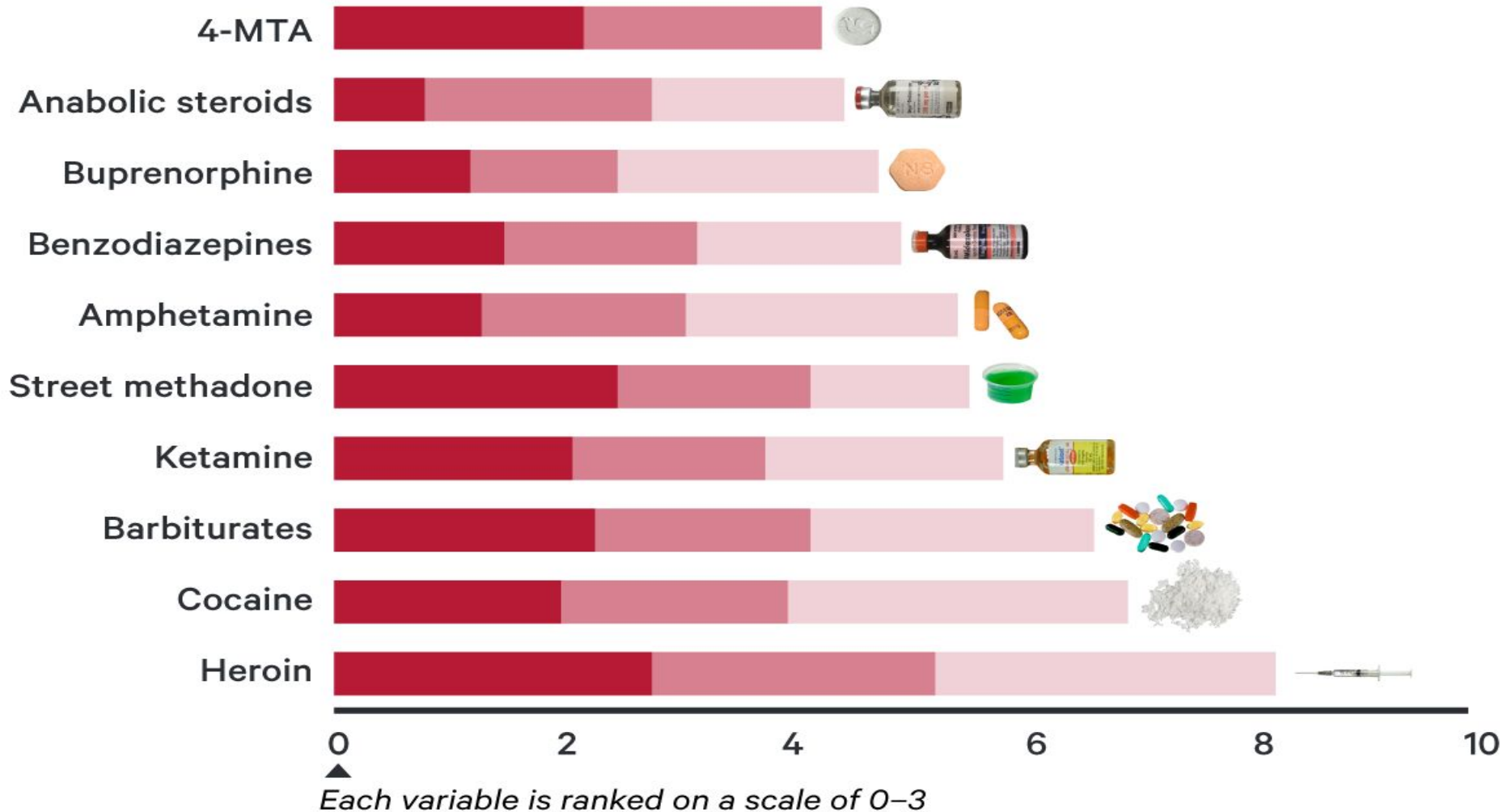


The 10 most dangerous drugs

Acute physical harm
immediate effects & toxicity

Chronic harm
health consequences of repeated use

Intravenous
needles add significant health risks



DRUG ABUSE AFFECTS THE INDIVIDUAL

- ◉ The dangers of intoxication, side effects, and addiction are not the only risks of drug abuse.
- ◉ Other risks include:
 - ◉ car accidents
 - ◉ accidental injury or death
 - ◉ violence and other criminal activity
 - ◉ unplanned pregnancy
 - ◉ sexually transmitted diseases



BE

HEALTHY, WEALTHY & WISE!



thanks for watching

