Nowadays, teenagers are suffering from different kinds of health problems. Among them, obesity, stress and drug abuse are the most common problems. In this article, the causes of these problems and the ways by which the government, educators, parents, mass media and the teenagers themselves can solve these problems are both discussed.

In a materialistic city like Hong Kong, teenagers like to eat different kinds of delicious food which contains a lot of fat, sugar and calories, such as meat, snacks, desserts and so on. In contrast, they seldom eat healthy food like vegetables or fruit and they do not do enough exercise to consume the extra fat. As a result, they become obese gradually. A recent survey conducted by The University of Hong Kong reveals that 46% of Hong Kong teenagers are overweight and 12% are obese. There is no denying that obesity is bad for their health as it leads to lots of severe diseases, high blood pressure and diabetes, for example. Therefore, everyone should bear the responsibility of preventing teenagers from being obese. In my opinion, the government should hold body-checks for teenagers to control their weight; the school should arrange some talks for teenagers to teach them the importance of staying healthy; the teenagers themselves should have a healthy diet in their daily lives. For instance, they should follow the food pyramid, eating more food from the bottom of the pyramid and less food from the top of the pyramid.

The second problem of teenagers is stress. In Hong Kong, every teenager lives under great pressure which stems from their families and peers. They have to face up to the harsh reality that they need to compete with their peers for a position in form six, a job and their future. It really generates a lot of stress to them. Besides this, their parents often put some stress on them unconsciously. Under the circumstances, their school life gradually becomes more and more stressful. It is extremely obvious when they are facing public examinations like HKCEE and HKALE which affects their future. Even though they have entered university, the pressure still exists. We can usually see from newspapers that some university students commit
suicide due to the great stress put on them. Some people even jokingly say that The Hong Kong University of Science and Technology (HKUST) is “The Hong Kong University of Stress and Tension”. All these facts seem to imply that the stressful life of teenagers is endless! It is of great importance that we should deal with the problem immediately; otherwise, it will cause far-reaching consequence. To do this, the school should encourage an optimistic attitude towards public exams. The teenagers’ parents should tell them that the most important thing of the public exams is the process, not the result. This will relieve their stress of getting a good result in the public exams. Last but not least, the teenagers should do something to relax themselves, listening to music and watching TV, for example.

The third problem of teenagers is drug abuse. It is not only a health problem, but also an illegal activity. When teenagers feel pressure and want to escape from reality, some may prefer taking drugs. It is particularly common at rave parties when their friends give them some psychotropic substances like heroin, cocaine and cannabis. These will impair their brain development and lead them to do something they have never done before, for example, doing sex or committing suicide. In extreme cases, they will even go insane. Nevertheless, the worst thing is that once they are hooked on taking drugs, it will be ultra-difficult for them to recover and they will be always immersed in the illusion that drugs make. Taking drugs is so terrible that we must do everything we can to combat it. In order to keep a distance between teenagers and drugs, the government should do some advertisements through television and radio to tell youngsters that they should never try drugs. The school should regularly hold talks for teenagers to tell them the bad effects of drugs. Most importantly, teenagers should always remind themselves that taking drugs will adversely affect their life forever.

In conclusion, obesity, stress and drug abuse are acute problems in Hong Kong. However, if proper measures are adopted and the school, the government and parents can cooperate hand-in-hand, I am sure that the problems can eventually be solved.