

# TEENAGE PROBLEMS:



# SMOKING AND ALCOHOL



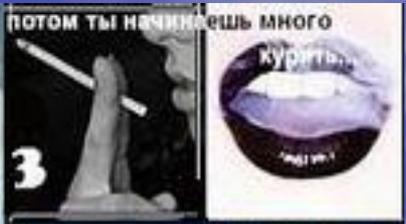
1  
сначала ты пытаешься забыть старое и начать всё с нуля...



2  
в результате ты попадёшь в лечебницу ...



3  
затем у тебя начинается депрессия...



4  
потом ты потратишь аптечку в поисках чего-нибудь что избавит тебя от всего этого...  
следом ты начинаешь плакать и забиваться в угол лишь бы этот мир не трогал тебя...



# 10 ...Береги себя...



5  
А ведь ты всего лишь хотела быть с ним...



6  
или попытаешься выпрыгнуть из окна?...



7  
а может потом ты случайно раскошь себе вену?...

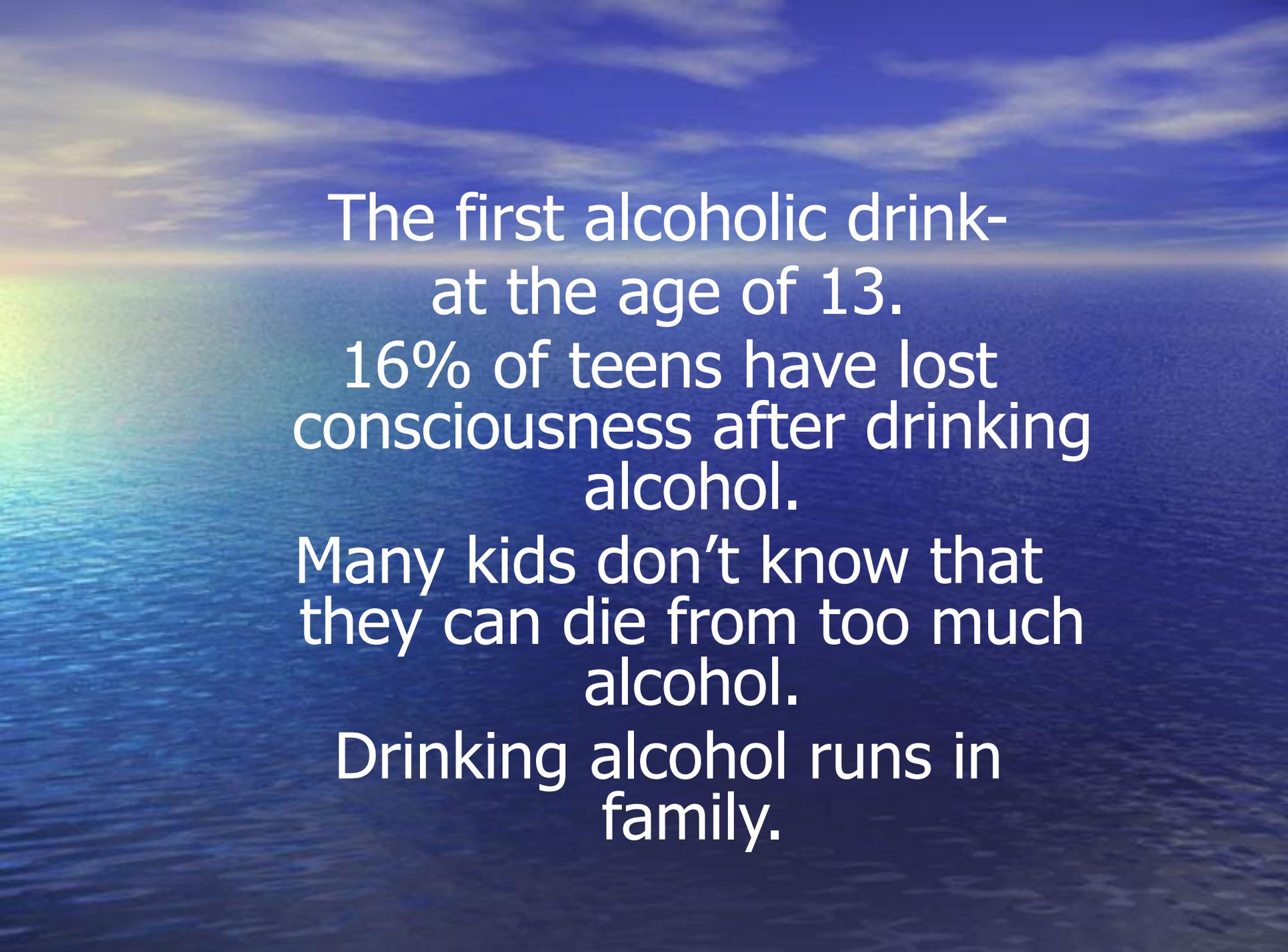
1.THE REASONS OF STARTING  
SMOKING AND DRINKING  
ALCOHOL

2. SOLUTION OF THESE  
PROBLEMS



400.000 in Russia die every year.  
100.000 children become addicted  
to tobacco.

23% of all 15 year-olds are  
regular smokers



The first alcoholic drink-  
at the age of 13.

16% of teens have lost  
consciousness after drinking  
alcohol.

Many kids don't know that  
they can die from too much  
alcohol.

Drinking alcohol runs in  
family.



# Smoking and teens in our school





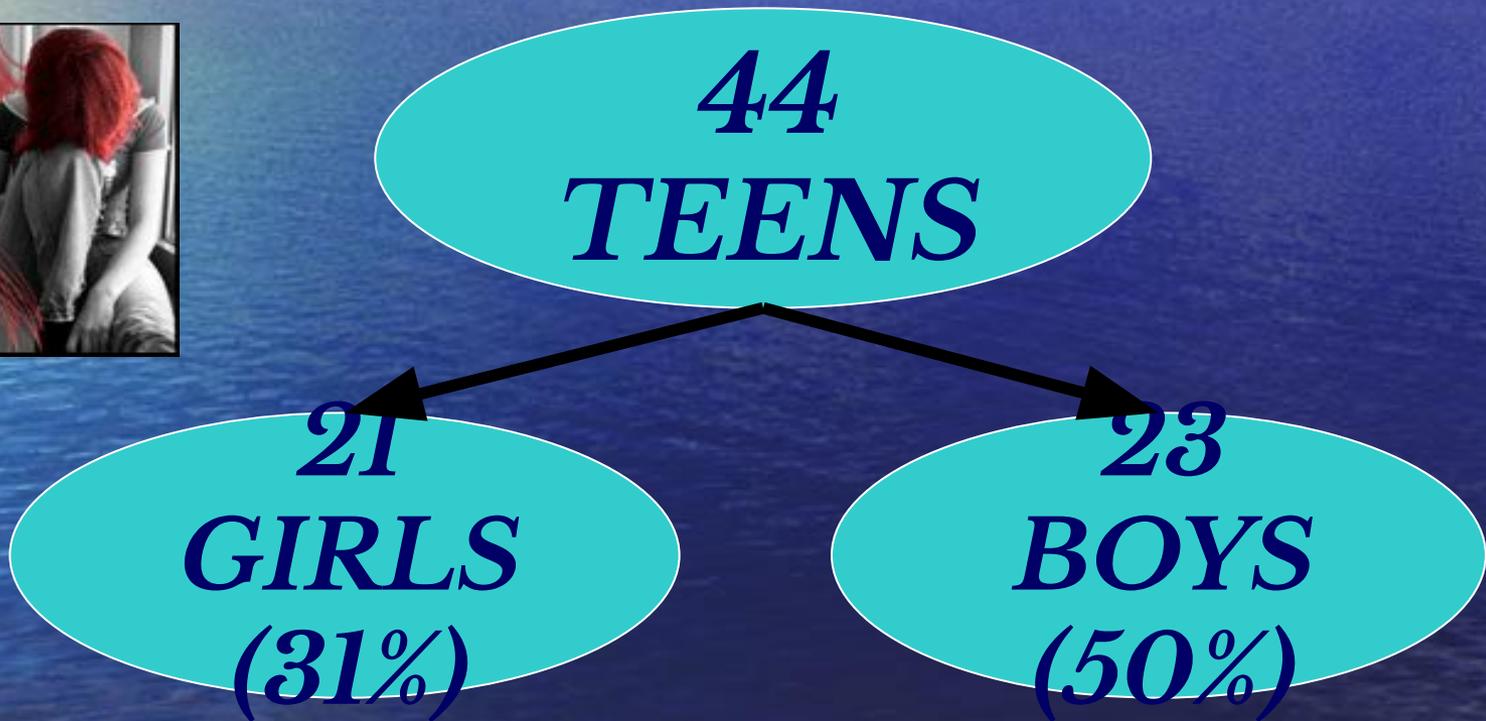


***113 teens***

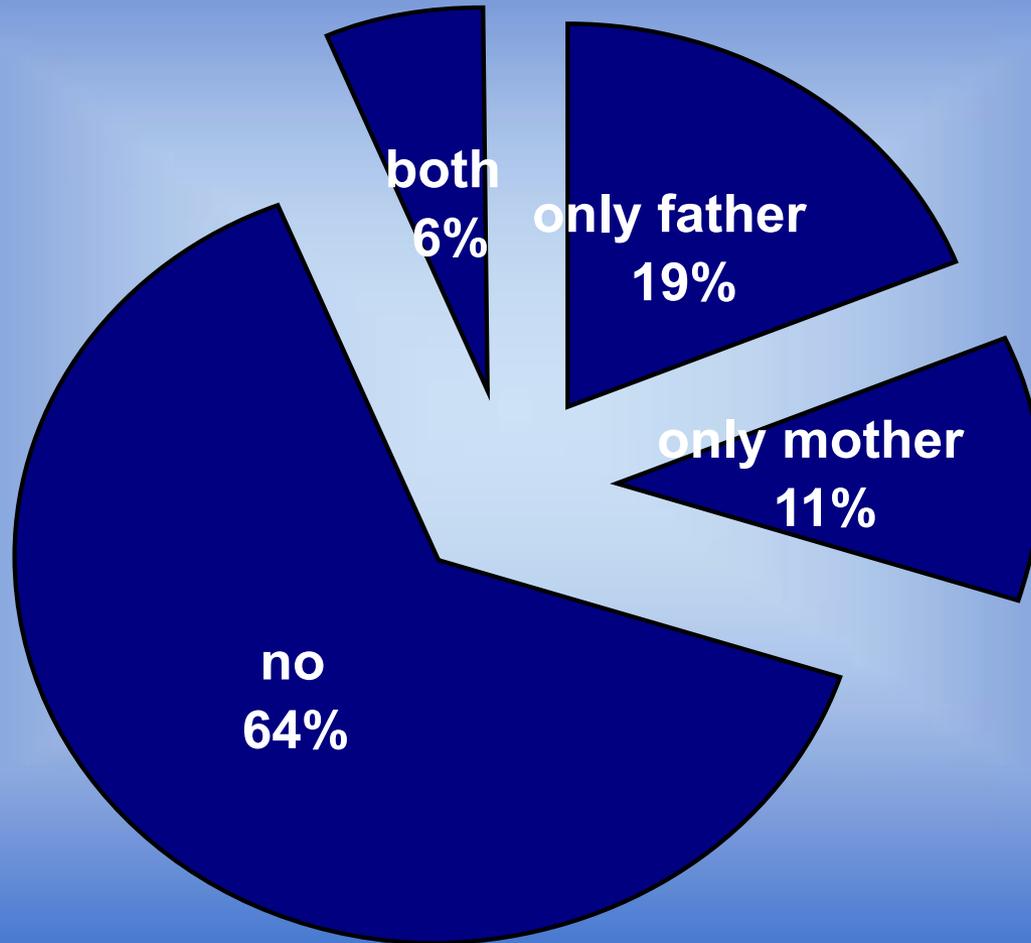
***67 girls***

***46 boys***

# SMOKERS



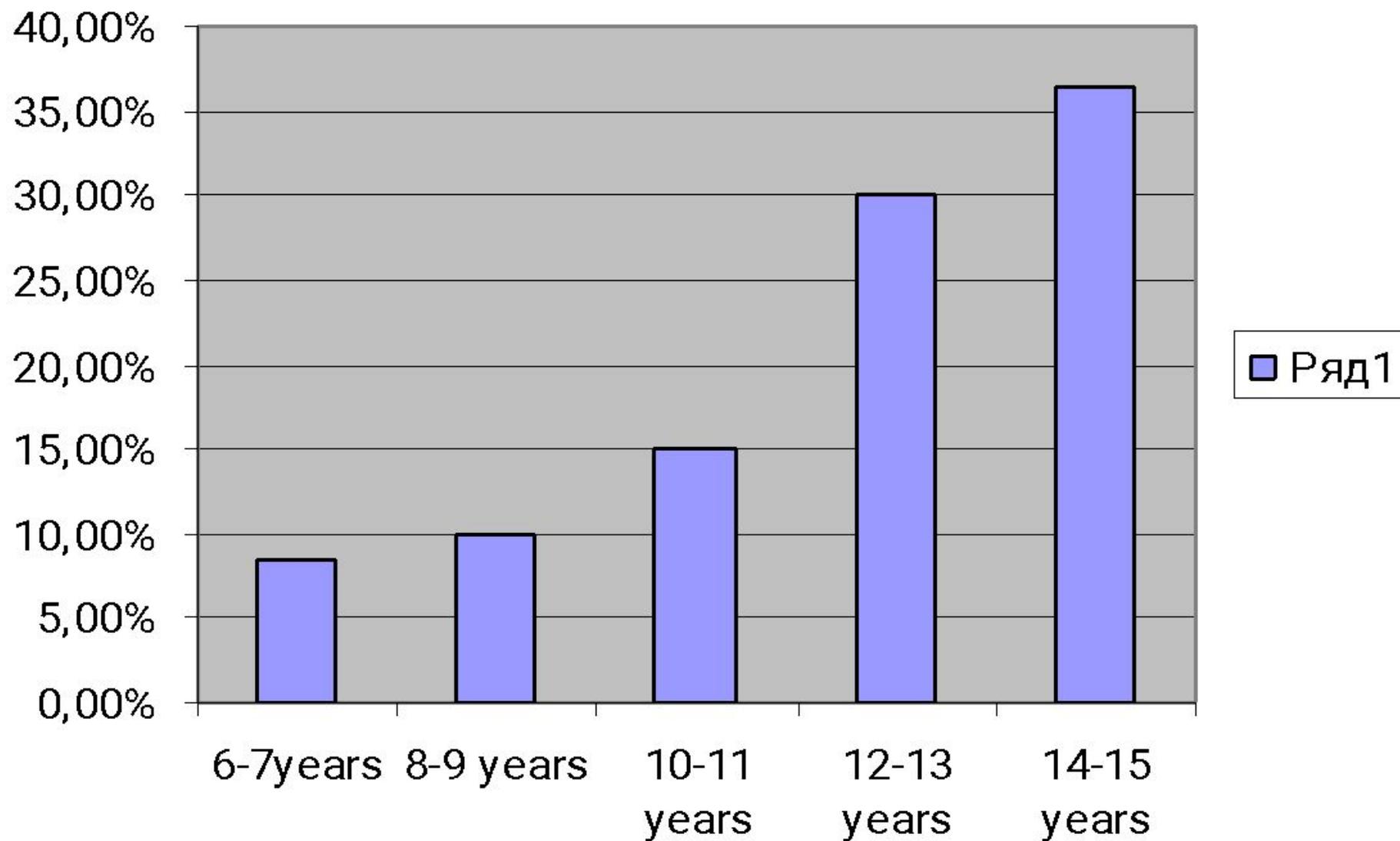
# Do your parents smoke?



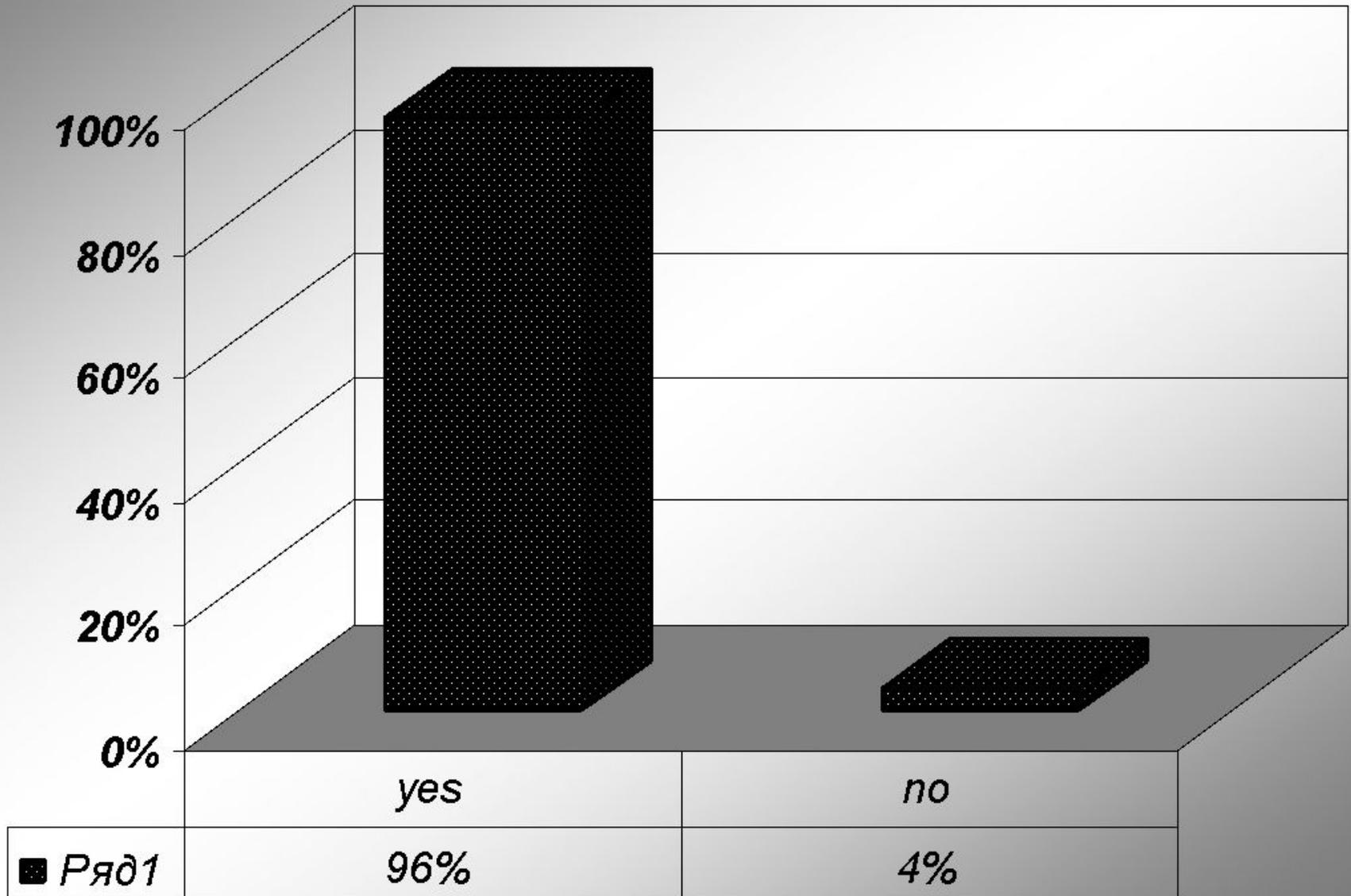
# Do you smoke?

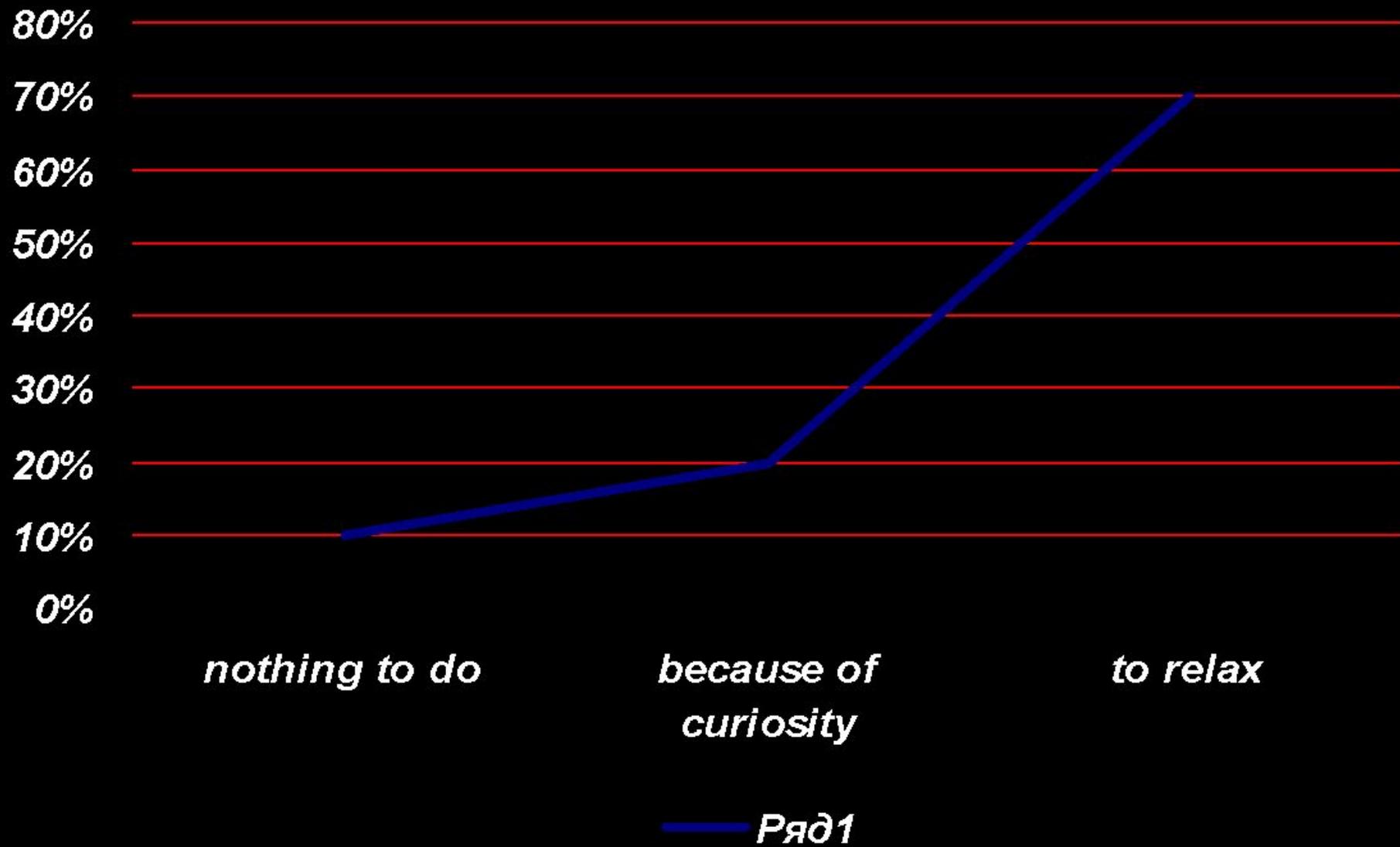


## When did you start smoking?



# Is it easy to give up smoking?







# Alcohol and teens in our school



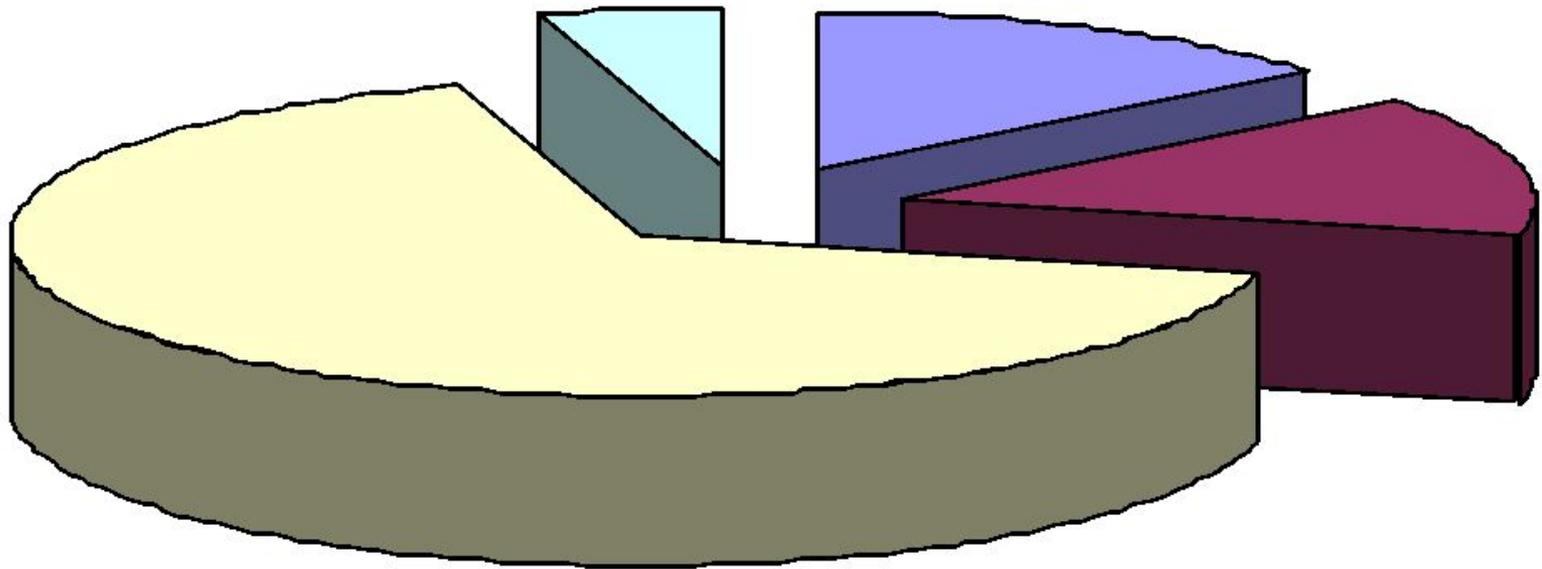


**97 TEENS**

**80% of the  
GIRLS**

**84% of the  
BOYS**

## Your attitude to alcohol?



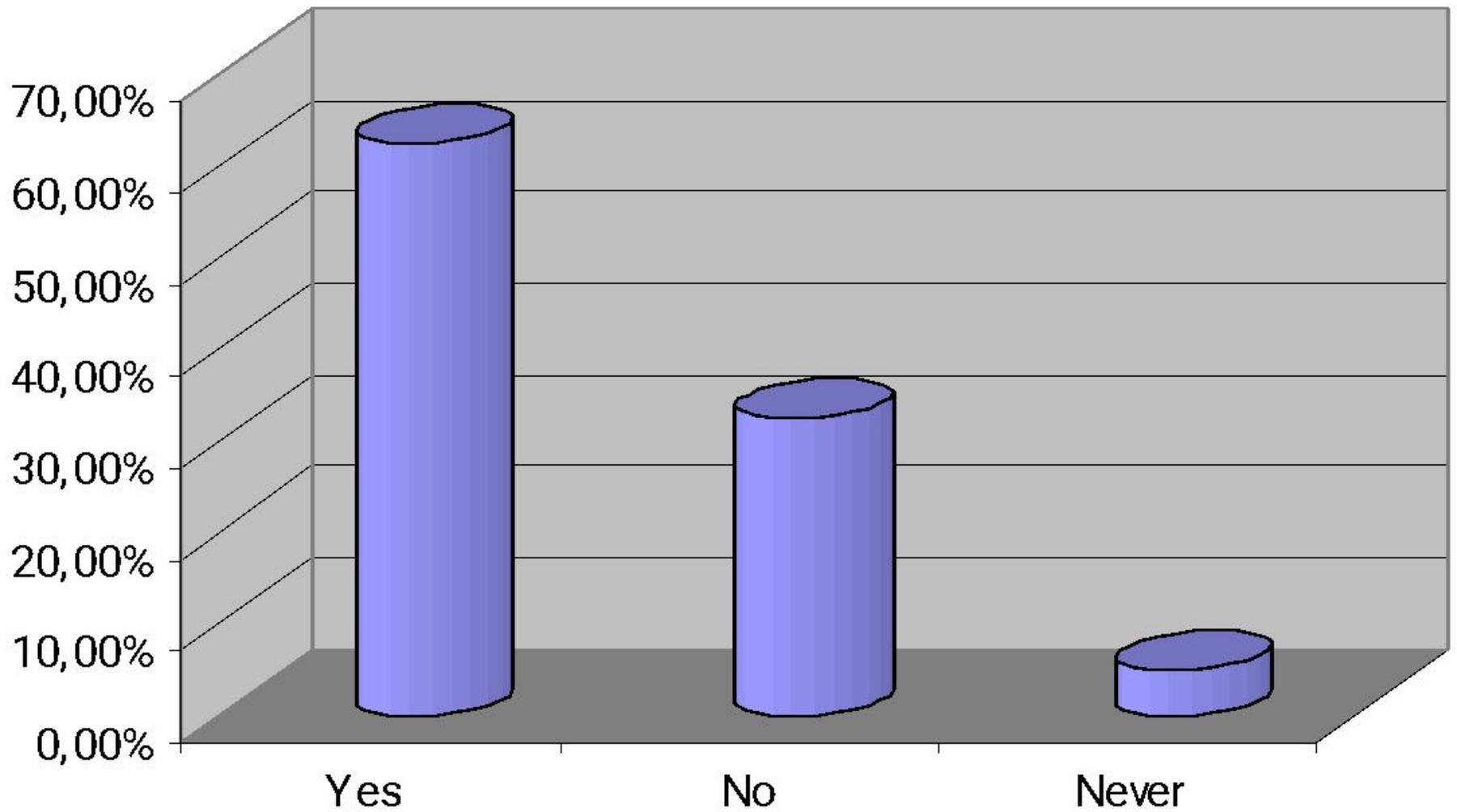
■ negative

■ Simply do not like, when there is someone drunk beside me

■ Neutral

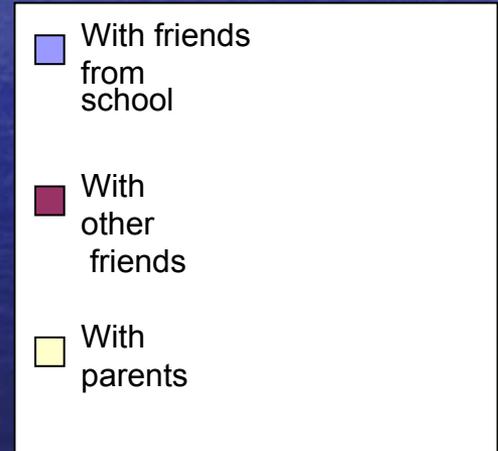
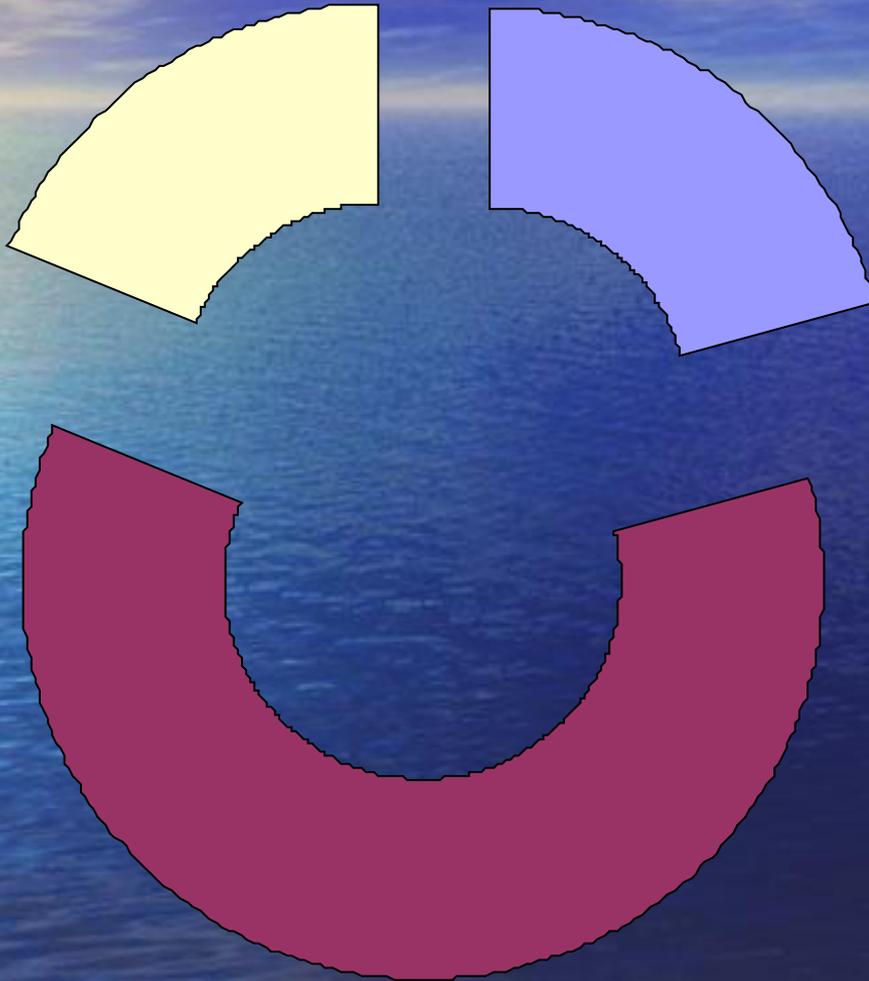
■ Positive

# Do you drink alcohol?

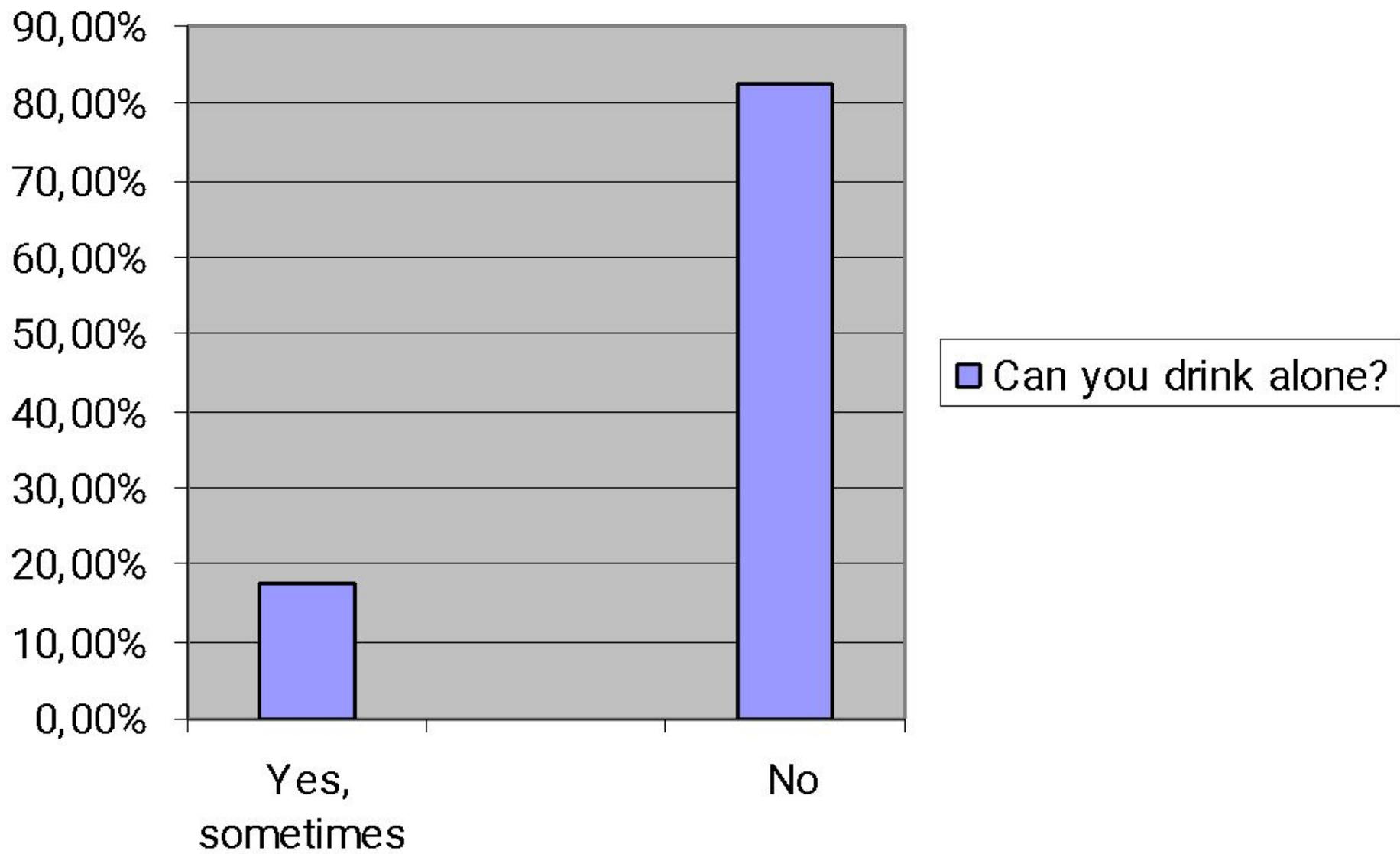


■ Do you drink alcohol?

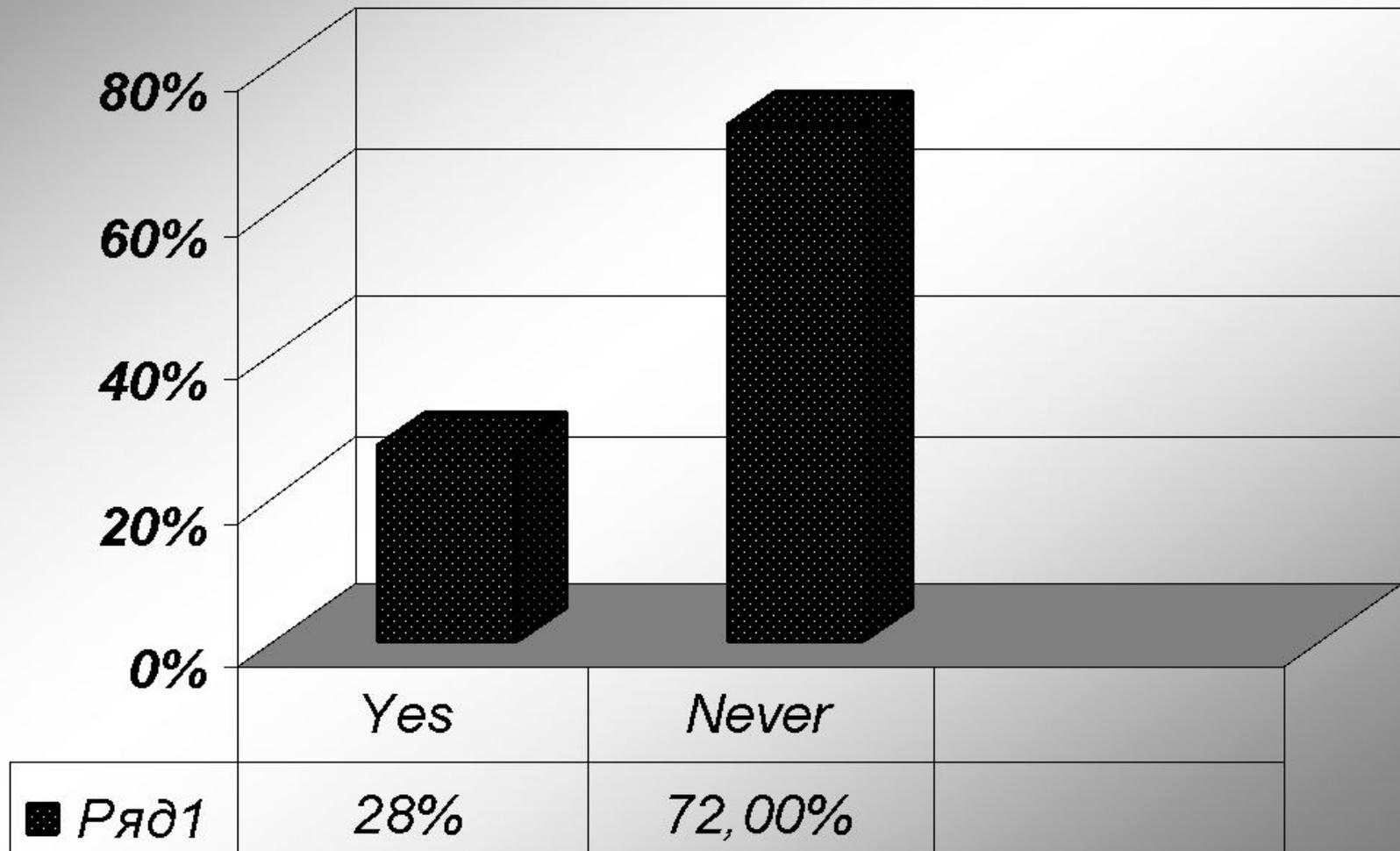
Who do you usually drink with?



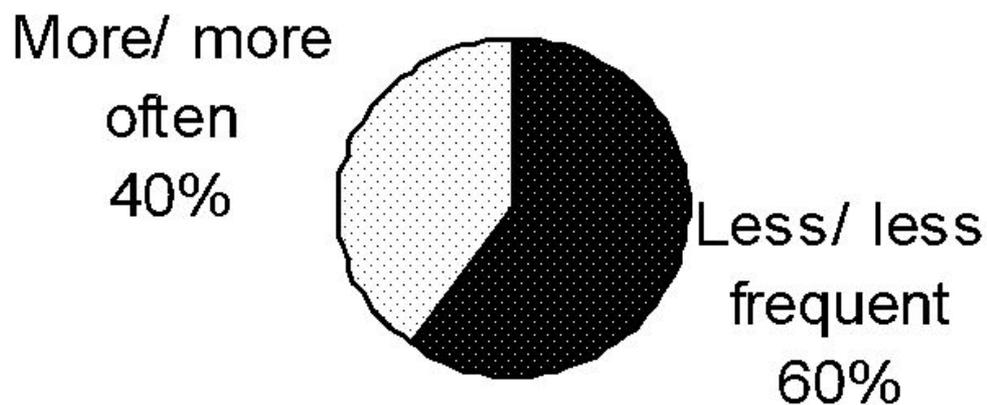
## Can you drink alone?



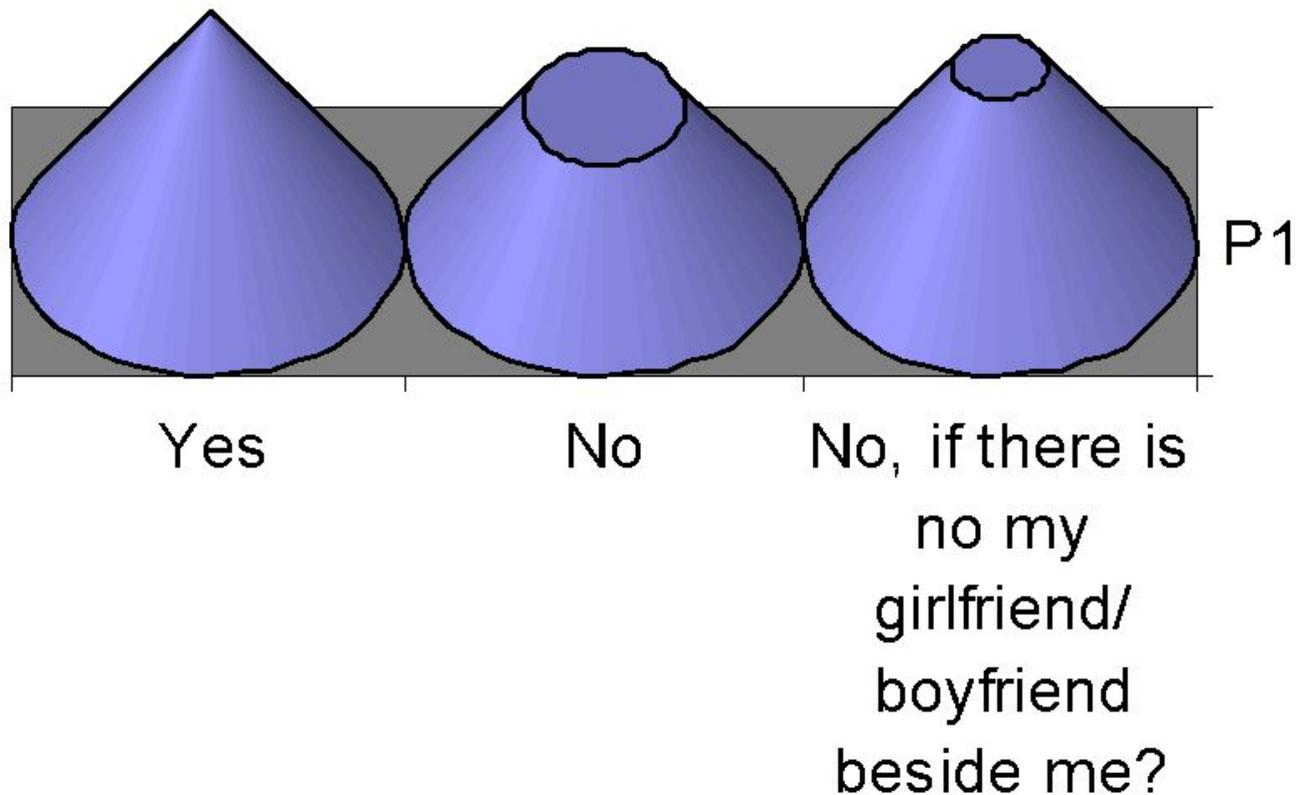
# Do you drink to overcome a hangover?



# Comparing with the previous year, do you drink...



**Do you care about the amount of alcohol  
you drink per day?**





*Have you ever taken any  
drugs in your life?*



**YES!**

**78% of our school  
teens**

# UNHEALTHY SYMPTOMS:

- ***BLACKOUTS,***
- ***HANGOVERS,***
- ***AGRESSIVENESS,***
- ***DEPRESSION,***
- ***PSYCHOLOGICAL***
- ***DEPENDENCE.***

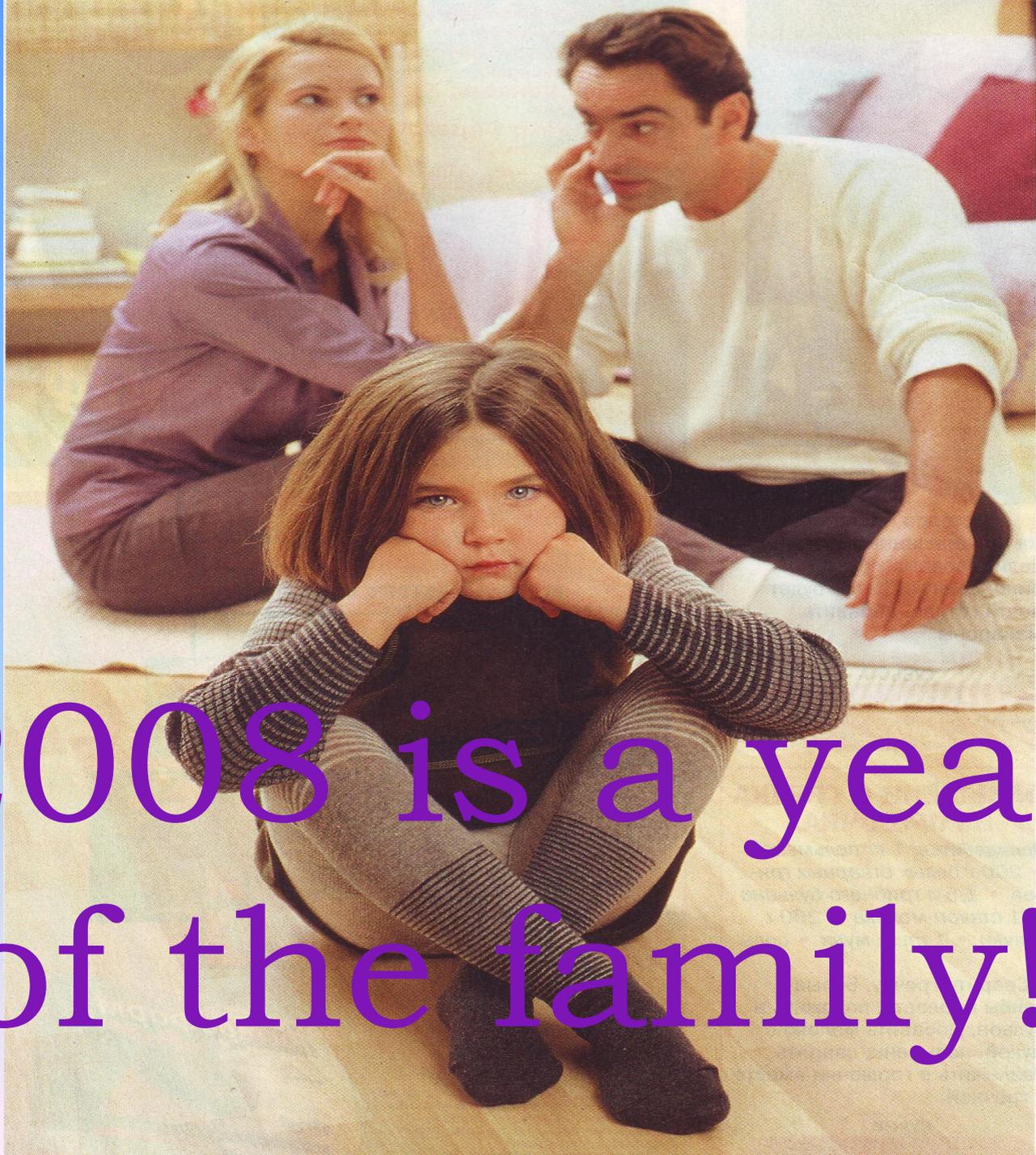


# HOW TO SOLVE THESE PROBLEMS?

- You must realize that this habit is health-running.
- You must have a strong will because it's very difficult to get rid of this habit.
- Find a hobby.
- Go in for sports, join a sports club.
- Try to make new friends who don't smoke and drink alcohol.
- Ask your friends to help you.

**!STOP!**





2008 is a year  
of the family!