

# Teens and their problems

[Family](#), [Teenage Pregnancy](#)



Teens and their problems Do you remember your teen years? You might remember it as an era of fewer problems, less responsibility, more fun and frolic and most importantly having ample time to attend to activities of your preference. Who wouldn't want to go back to those days right? It is a fact that almost every person treasures the moments and memories during their teen years. However much one would say that teens face lesser problems, there are a few, yet significant problems that teenagers face today. These problems could be a result of staying with friends and family, or even when staying alone. This article therefore aims to highlight some of the main problems and problem areas that teens face in the twenty first century. The problems are mentioned in point form for easy reference and better understanding, and are as follows; Weight problem, image and other health issues Most of the teenagers in today's world suffer from a number of diseases, both known and unknown, which is mainly as a result of the contamination of the environment as well as a result of their eating habits. Over a quarter of the teens in the world are overweight and this has made them weak and unhealthy. Plus most teenagers suffer from skin problems causing acne, blemishes, dark circles, pimples and blackheads. Most teenagers also suffer from insomnia. Sex and Teenage pregnancy As teenagers are given more freedom in today's world, and due to the fact that there are plenty of opportunities for them to spend time alone and away from the adults, engaging in sexual activities is very common among them, thus resulting in teen pregnancy as well as contracting Sexually Transmitted Diseases (STDs). TV and Internet can also said to be a source for such problems that allow teenagers to view such acts at a much premature age.

**Drug and Alcohol** Most teenagers, due to increased peer pressure and freedom also engage and get addicted to drugs such as cigarettes, marijuana and heroine, and also booze with their friends. **Driving** Due to the above mentioned problem of excessive alcohol addiction and consumption by teenagers, there are a lot of incidents where drunken teenage drivers meet with accidents resulting in death or disablements. **Fights and Violence** Teenagers may also be prone to situations of fights and violence. They might get into gangs and fight each other thus resulting in injuries and even loss of lives. This is highly apparent in schools, colleges and universities where you hear stories of teenagers beating other peers or even shooting them to death. **Dating and relationships** Teenage years are those years where you meet friends, associate them and even fall in love. During these years, you may experience break ups, resistance from parents on relationships, getting beaten up, bad image and even sexual exploitation. As a result of this, most teenagers end up messing up their exams, studies and future, due to depression. **Family problems** This is where teenagers suffer from depression due to the problems that they face from their family members. This could be due to mental pressures and stress from parental divorces, negative treatment from step-parents, and step-siblings, as well as lack of enough care and love that they receive from the adults and other family members. **Discrimination and favoring** is another reason for cause of such depression.