

## **Plan (School Magazine Essay)**

### **Paragraph 1 – Introduction**

- Introduce addiction among young people
- Mention different types: substances, digital use, shopping/consumerism
- State purpose: suggest solutions

### **Paragraph 2 – Problem + Solution (Substance addiction)**

- Problem: drugs/alcohol harm health, studies, future
- Solution: school education, awareness campaigns

### **Paragraph 3 – Problem + Solution (Digital addiction)**

- Problem: social media/gaming causes poor focus, sleep issues, isolation
- Solution: screen time limits, hobbies, sports, digital balance

### **Paragraph 4 – Problem + Solution (Shopping addiction)**

- Problem: compulsive buying due to trends/social pressure, financial issues
- Solution: self-awareness, responsible spending, values education, family support

### **Paragraph 5 – Conclusion**

- Summarize main idea
- Emphasize cooperation (school, family, society) to solve addiction

## **ESSAY EXAMPLE**

### **Dealing with Addiction Among Young People**

Addiction is becoming an increasingly serious problem among young people today. Many teenagers are affected not only by substances such as alcohol and drugs, but also by social media and online gaming. These forms of addiction can negatively influence their health, behavior, and future. For this reason, it is important to explore effective ways to deal with this issue.

One common form of addiction is substance abuse, including alcohol and drugs. This can damage both physical and mental health and affect school performance. A possible solution is to provide better education in schools through awareness campaigns and workshops that inform students about the risks and consequences of substance use.

Another major issue is digital addiction, especially excessive use of social media and video games. This often leads to lack of sleep, poor concentration, and reduced real-life interaction. Encouraging young people to set limits on screen time and engage in activities such as sports or creative hobbies can help reduce this problem.

Another type of addiction that affects young people is compulsive shopping, often influenced by trends and social media. Many teenagers feel pressure to constantly buy new clothes or products to fit in or feel confident. This can lead to financial problems and a focus on material things instead of personal growth. To deal with this issue, young people should be encouraged to develop self-awareness and responsible spending habits. Schools and families can promote values such as confidence and individuality, helping teenagers understand that their worth is not based on what they own.

In conclusion, addiction among young people is a complex issue, but it can be addressed through education, support, and healthy lifestyle choices. By working together, schools, families, and individuals can help create a safer and more balanced future.