



# Youth Problems

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**Peer pressure**



**Academic stress**



**Bullying**



**Solutions**



# Bullying and Cyberbullying



**Bullying: Physical or verbal harm in schools or communities.**

**Cyberbullying: Harassment through social media or online platforms.**





# Common Youth Problems



## Academic stress

High expectations from family and teachers.  
Balancing schoolwork, extracurricular activities, and personal life.

## Peer pressure

Feeling forced to follow trends or do things to fit in.  
Can lead to unhealthy habits like smoking or skipping school.



## Social media addiction

Spending too much time online affects focus and relationships.

## Other Common issues

Anxiety and depression.  
Low self-esteem.  
Feeling isolated or misunderstood.



# Substance Abuse



## Causes:

Curiosity or peer pressure.  
Coping with stress or emotional pain.

## Consequences:

Health issues.  
Poor decisions affecting future opportunities.



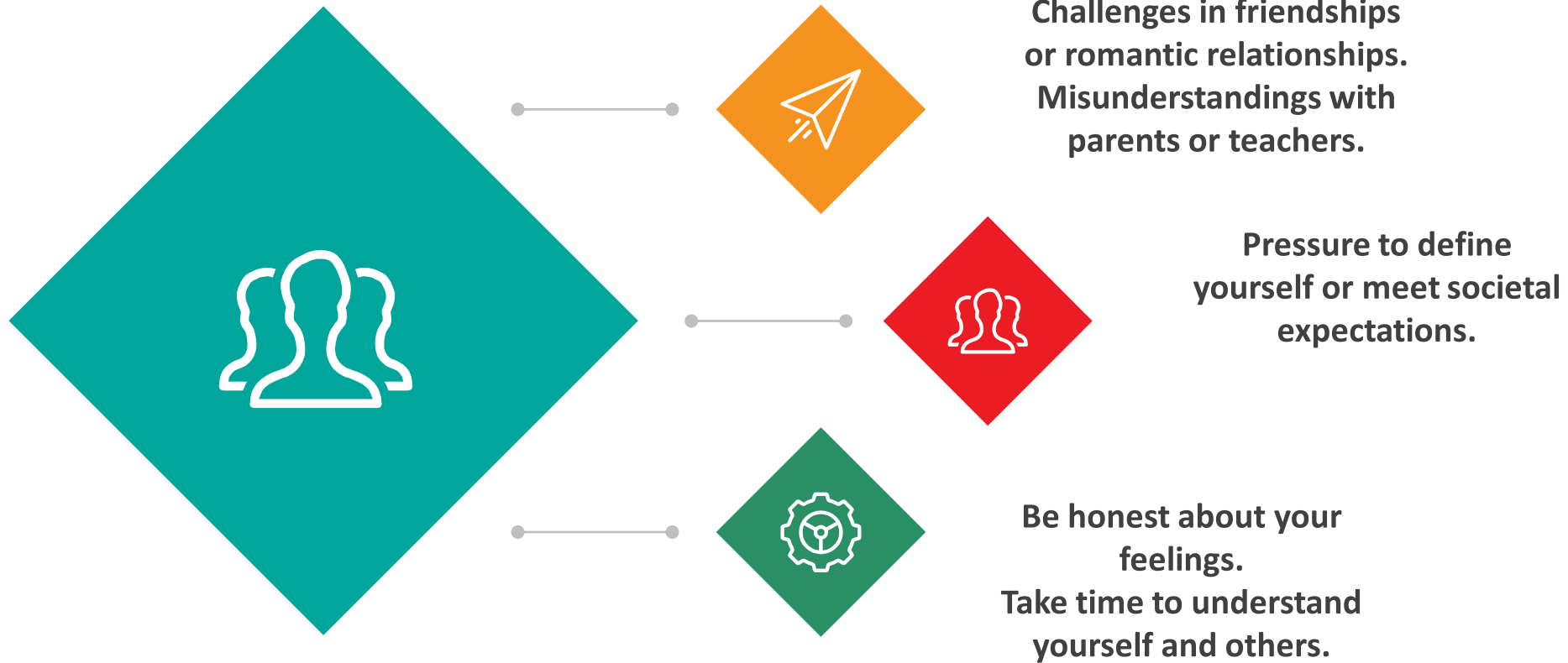
## Prevention:

Say no to harmful substances.  
Focus on healthy coping mechanisms like sports or hobbies.

**What is Bullying?**  
Bullying is unwanted, aggressive behavior that involves a real or perceived power imbalance. It can happen in person or online (cyberbullying).



# Relationships and Identity





# How Can Youth Overcome These Problems?



**Time Management:**  
Prioritize tasks to reduce stress.

**Build Confidence:** Focus on your strengths.



**Seek Support:** Talk to family, friends, or counselors.



# Discussion Time



What is the biggest  
challenge you face as a  
teenager?

How can schools and  
communities help  
solve youth problems?

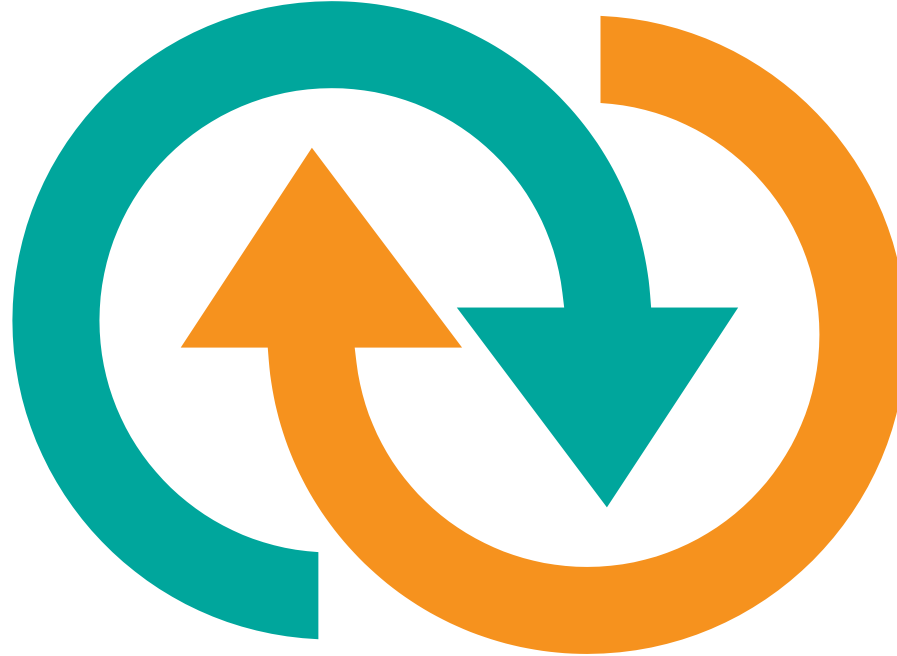
What advice would you  
give to someone  
struggling with stress?



# Closing Thoughts



Every challenge has a solution—don't hesitate to seek help.



**"It always seems impossible until it's done." – Nelson Mandela**



Thank you for listening

