



Adolescent Health: 252 (Issues)

Cara Acred

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Teenagers today are taking fewer illegal drugs and drinking less alcohol. This is, undoubtedly, good news. However, rates of sexually transmitted diseases among young people are increasing and a dangerous new trend sees students turning to 'smart' drugs to boost exam performance. Worryingly, diagnoses of long-term conditions such as diabetes, epilepsy and asthma are also on the rise, as is teenage obesity. This book explores the different issues involved in adolescent health, considering teenagers' views on their health experiences and looking at areas such as teen depression, exam stress, lack of sleep and 'risky' behaviour. The information comes from a wide range of sources and includes government reports and statistics, newspaper reports, features, magazine articles and surveys, literature from lobby groups and charitable organisations.

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