



What means to be happy for me?

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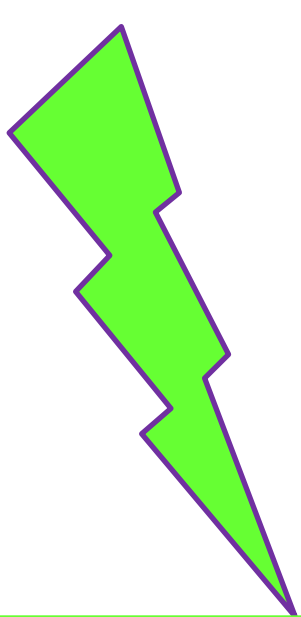
Teenage years...

It is great and nice experience, but on the other hand this period of life is full of worries and problems.

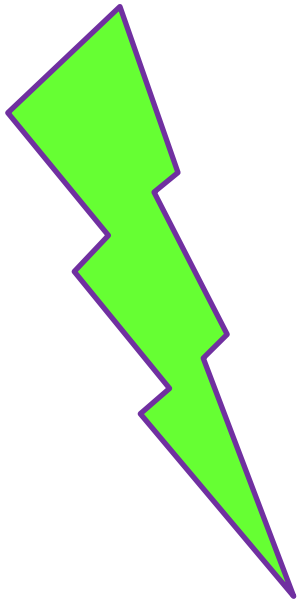


What are teens worry about?

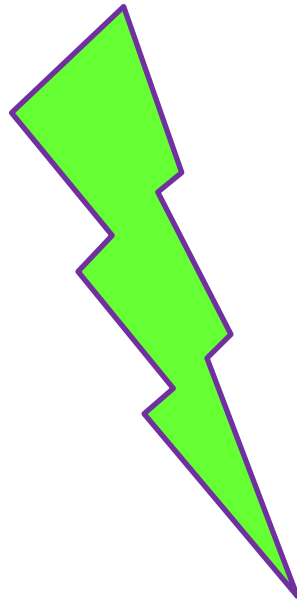
teenagers' problems:



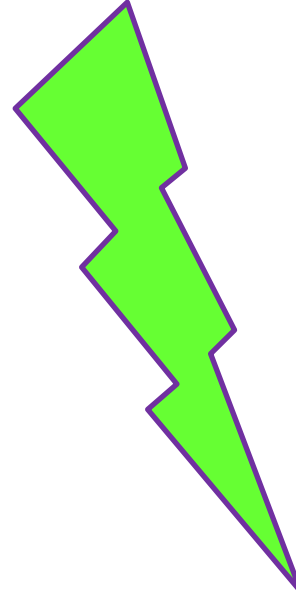
**Family
problems**



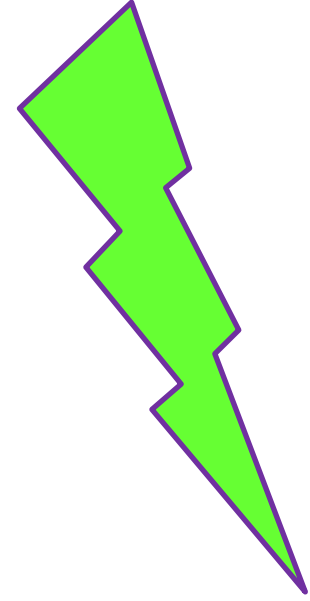
**Personal
problems**



**School
problems**



**Drinking
and drug
problems**



**Cruelty,
discrimination**

Who can help?

It's truth that teenage years are very difficult. I think young people shouldn't be left alone with their difficulties. I consider parents, school and the Government can help. Parents should talk about problems with their children and be patient and loyal to them. A school should support teens in the demonstration of personality and personal abilities and interests. The Government should give more rights to teens, the opportunity to show themselves, maybe, organize any free competitions, where teenagers could show their talents and knowledge, attract young people to useful activities.

In my opinion, influence of the modern world on young people intensified. In addition, teens very worry about arranging future life, to becoming independent, to being successful in life. They want to express their personality, their opinion, but sometimes they are simply not taken seriously.



Some teens have problems with drugs and alcohol. I think these problems are very serious and important. I want to say, that I think, in most situations, everyone still has a choice, even if the situation seems hopeless. So I would like every teenager to feel that he is who can change his life for the better and that he should do it.



Smile.


Growing...

**The abused, the frightened and the alone teen,
It is difficult time.**

But the good days begin!

Believe such problems too and mine.

Great school month

Will end forever

Your ups and downs

You will remember smiling ever!

*enjoy
every
moment*

advices
to be
happy

don't forget to...

{NOTES TO SELF}

1 FOCUS ON THE GOOD.
(It's there.)



→ Like reading or drawing or playing or dreaming

2 DO SOMETHING YOU LOVE.



3 GO OUTSIDE.



4 LOVE WHO YOU ARE NOW.

(The past is over. Let it goooo.)



5 KEEP BEING BRAVE.



It might feel hard sometimes, but the night'll end + the clouds'll part.

**What means
To be happy and glad?
Any little things
Shouldn't make you sad!**



**Sun outside is enough
For chasing sadness away!
Smile and laugh!
Enjoy every day!**

Is wasting his time
One who always cries,
As if got lime
In his eyes!



**NO
BAD
VIBES**

There are a lot of beautiful, look!
There's needn't frown!
You will catch luck on a hook,
Don't keep your nose down!



It is not so difficult to find!
Family, friends and of smiles passersby
pounds,
That's what I have in mind
When the word "happiness" sounds!



In conclusion, I want to say that teenage time is a very interesting and important experience in the life of every person. If you are very worried about this and upset, then I want to wish you - just stay brave and positive and also remember that difficulties pass, the main thing is not to give up. I wish you good luck!

