

# What are the key concerns for young people in the U.K? What solutions can you suggest?

There are many concerns that young people have about how they grow up and things that are happening around them. Soon children will grow up to be adults and they will have to teach their children how to behave properly, eat healthily, look after the environment and how to respect yourself and other people. In the media there are discussions about street crimes, shootings, stabbings, healthy eating and the environmental issues.

## Health

One issue is healthy eating. For example, a lot of young people are becoming obese. Some people have low self esteem about themselves about their looks. Therefore, they will eat more unhealthy foods for comfort. They could also be bullied about their size and appearance dilemmas. Solutions to solve these problems are to have nutritional education on TV and in schools, eat more vegetables and less sugary foods, go on a diet, exercise and seek advice where available and provide more gyms for children.

## Gang Violence

Stabbings, shootings, rapes, graffiti, robberies and anti social behaviour are a bad influence to young people. What is needed to keep children out of trouble is to create more youth clubs, more activities for the children, to offer good advice and to cut down the availability of guns, knives and drugs.

## Discipline

Young children are getting into trouble largely down to poor discipline from their parents.

Some parents are too soft on their children, children are sent to prison, have a criminal record for life, show bad behaviour on the street, at home and at school.

They can be put into a care home by social services.

To solve this problem, parents need to be firmer, take away privileges, deduct pocket money, send them to their room, seek help from social services, more police patrol, positive role models and better family relationships.

## **Self Hatred**

A lot of young children have self hatred issues such as, straightening their hair, putting on excessive makeup, wearing false hair and skin bleaching, taking drugs and alcohol which may result in violence, self harm, poor relationships and low self esteem.

A good solution to these problems is to be proud of who you are through education, spend your money on something constructive, be yourself, be grateful of what you have already and to have a better family relationship.

## **Fashion**

There is pressure on young people to keep up with the latest fashions.

Children from poor countries are exploited by richer countries to make fashionable clothing cheap in sweat shops. In the UK, most children have to deal with high prices, peer pressure, bullying, prejudice, jealousy, self esteem, and theft.

The solutions are to end exploitation through fair trade, have higher self respect and education in the clothing industry.

## **Drugs and Alcohol**

A big problem in the UK is the use of drugs and alcohol which includes cigarettes.

The police are having to deal with drug dealing, crack houses, anti social behaviour, street crime, poor education and family breakdowns.

To try and solve this issue is to cut down under-age drinking, seek help, get support from family and friends, education and avoid using these substances in the first place.

## **Under Aged Sex**

The UK has the highest level of under aged sex in Europe. Problems related to this includes family breakdowns, disrupted education, leaving jobs, inexperienced parenthood, financial issues, early pregnancies, STD and AIDS, rape, peer pressure and social services involvement. The influences come from the media, music and music videos. To try and combat this, sex education, contraception, positive music and role models, less sexual music videos, social services and youth activities will help solve this problem.

## **Television**

TV, radio and other forms of media which includes newspapers, magazines and internet can have an influence on young people both positive and negative. Some watch too much TV which damages the brain, see sex, violence and drugs, not being constructive, wastes time, sees bad images, anti social behaviour and low family communication. To deal with this issue, removing the TV from bedrooms, supervising programme selections, less TV more talking and playing outside more often will help.

## **Respect**

There are many young people who do not show respect to other people by their bad behaviour. Shouting, swearing and fighting causes smaller children to copy their bad behaviour which is a big sign of disrespect.

To answer this situation is to show good manners, not being afraid to say sorry, making people feel welcome and being kind to everyone, being respectful to other people will make them be respectful to you.

## **Conclusion**

The behaviour of young children needs to be improved. Discipline and education are the main points of these problems. If every child has education and discipline, the world will be a much safer place because there would be less crimes.

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