# “3-minute Concept” Animated Video Clips Series:

# “Addiction”

# Worksheet

**A. Fill-in-the-blank Question**

**Write the types of addiction in the following table, give two examples for each type of addictive behaviours and list the adverse effects of the addictive behaviours.**

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| --- | --- | --- | --- |
| Addiction | **Types** | **Examples** | **Adverse effects** |
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**B. True of False**

**Study the following sentences about the causes of addictive behaviours. Put a “T” in the blank for correct description and an “F” for incorrect description.**

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|  | When there are conflicts among family members, some young people may escape by turning to addictive substances or addictive behaviours. |  |
|  | Young people who have friends with addictions may engage in addictive behaviours due to peer pressure or the need to win their acceptance. |  |
|  | It is more common for young people who are strong in self-control, resilience or problem-solving skills to resort to addictive substances or behaviours to relieve pressure and escape from reality. |  |

**C. Short Question**

What should one do if one has acquired an addictive behaviour?

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