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

**Addiction**

**Subtitles**

3-minute Concept: Addiction

Life and Society (Secondary 1-3)

Personal, Social and Humanities Education Section

Curriculum Development Institute

Education Bureau,

HKSAR Government

Addiction is the condition of indulging in certain substances

or behaviours for a persistent period of time.

People who are addicted

often cannot stop craving those substances or engaging in such behaviours.

There are two main types of addiction:

“substance addiction” and “behavioural addiction”.

Substance addiction includes drug, alcohol, tobacco addictions.

Behavioural addiction includes

gambling, shopping, Internet, computer gaming addictions.

Addiction in those substances or behaviours

can affect one’s health, study, job performance,

interpersonal relationships and daily life.

People troubled by addiction cannot exercise self-control

despite the fact that they know their behaviours

have led to adverse consequences.

They will keep craving those substances or behaviours.

They may even deny that

their behaviours have caused serious problems.

The common causes of addictive behaviours in young people include:

Family factors.

When there are conflicts among family members,

some young people may escape

by turning to addictive substances or addictive behaviours.

Peer factors.

Young people who have friends with addictions may

engage in addictive behaviours due to peer pressure

or the need to win their acceptance.

Personal factors.

It is more common for young people who are weak in

self-control, resilience or problem-solving skills

to resort to addictive substances or behaviours

to relieve pressure and escape from reality.

Addictive behaviours can have big impacts on

personal growth of young people.

Physiologically, “substance addictions” can

cause a lot of harm to the body.

For example, people who consume cigarette,

drugs or alcohol

are more likely to develop lung or liver cancer.

Drug addicts who share syringes are more likely to get AIDS.

“Behavioural addictions” are also harmful to the body.

For example, people who are addicted to the Internet or gambling

often have nights and days flipped upside down

and suffer from lack of exercise,

which can lead to poor nutrition, sleep deprivation

or weakening of immunity.

Internet addictions can lead to other physical illnesses,

such as joint strains.

Mentally, people with addictions

tend to get low moods, feel depressed and irritated easily,

or may be more likely to act aggressively.

When it comes to personal life,

Addictive behaviours such as drug,

gambling or Internet addictions, etc.

can cause alienated interpersonal relationships.

Addictive behaviours may also lead to family disputes,

broken friendships, and affect school performance.

Some addicts may even commit crimes,

such as stealing or drug trafficking,

to get money to support their addictive behaviours.

When people commit crimes, there are criminal liabilities and

criminal convictions will ruin their lives and future.

Adolescence is an important stage of personal growth.

During this period, developing a positive self-concept,

values and a healthy lifestyle

will help adolescents overcome growth challenges,

stay away from undesirable behaviours and live a meaningful life.

Reflection Question

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