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Unhealthy Lifestyle of Hong Kong Teenagers

Hong Kong True Light College

Director: Heidi Cheng

Narrator: Monica Ho

IT support: Janice Chan

Researcher: Lydia Ho

In today's society, teenagers in Hong Kong have a wide variety of pastimes. However, it is not a healthy phenomenon when most of these activities are meaningless.

Look at the youngsters holding NDS or PSP in public places. They are addicted to the virtual world, and grab every chance to play computer games whether it is outdoors, in the MTR stations or even on the bus. When they return home, they indulge themselves on the Internet. According to a survey, Hong Kong teenagers spend about 35 hours per week surfing the Internet.

Tom: That's normal! I surf the Net and usually read Xanga, visit Facebook and watch videos on Youtube for several hours a day. It makes me feel absolutely great!

Advertisements have a really powerful influence. For example, ads featuring slimming centres and products greet teenagers everyday and everywhere. Equating slimness with beauty, they go to extremes, ignoring the importance of health, and spend thousands of dollars on slimming programmes.

What about politics? Do teenagers know what civic responsibility and referendum mean? Whenever they meet candidates canvassing in the street, they ignore them and continue chatting, walking and shopping. They are not concerned about the political development and political affairs of Hong Kong. They love the new songs promoted by the karaoke box. They like to stay in small, dark karaoke room with a group of friends, singing their favourite pop songs for hours.

If Hong Kong teenagers maintain such an unhealthy lifestyle, what hope do we have for the future? How can we deal with this problem?

Teenagers should not waste time on meaningless activities. They must lead a balanced and healthy lifestyle. They need to exercise. Without health, they can't achieve anything. Regular exercise is definitely the key, at least thirty minutes a day according to a health expert. If they can spend hours on the Internet, what is thirty minutes for exercise?

It is understandable that young people find life boring and want to have as much fun as possible. But, there are many worthwhile things they can pursue in their quest for happiness and the true meaning of life. It is high time that they manage themselves in a mature and responsible manner.