

Why some teenagers to smoke
They turn to
Drag

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Companion

Today, despite the continuous warnings of medical associations and

Culturally, smoking is increasingly common in high society the river Unfortunately, the damages and consequences caused by consumption are inevitable and often cigarettes, very serious and sometimes compensatory Although smokers are aware of the dangers of smoking, they do not know it Habit and under the pretext of gaining relaxation and relieving fatigue, act to The consumption of this substance is dangerous and the health of the body and soul The consumption of smokers puts themselves at risk Exacerbating mental issues increases and occasionally It turns out that it also takes the place of sleep and food. away from Family, unemployment, psychological stimuli, insistence of friends and so on Relatives and even personal interest, enjoyment and imitation

Showing off is one of the effective factors in smoking.

Causes of smoking in teenagers

Smoking in teenagers is more self-explanatory And it is done slowly for pleasure. Start of consumption

Smoking in young and middle age may have an effect does not have much effect on the person's moods; But experience Smoking before the age of 20 is in crisis Adolescent years, because the period of personality Sazi is a teenager and every experience will last a lifetime It is very dangerous to give reasons The main reason teenagers turn to smoking is curiosity in the exam It is often advertised by friends and peers Slowly, excuses are made to continue this experience Another is also provided. Some teenagers for Disagreeing with the family and removing insults will do this and want more self-confidence in this way to earn Competing with the peer group through showing off, It is the biggest reason to start smoking

Many teenage boys who smoke believe that with every The pack they smoke makes them feel manly and This way soon becomes a part of their personality. Imitation Parents and friends also have a great influence on smoking Nash has intense psychological and adolescent stimuli. anxiety, t

Family problems are the main underlying factors for zinc are bringing to smoke. The unfortunate thing is that A teenage smoker who achieves false peace through smoking Finds and hides his problem from the family every day It brings, the best hurts more than ever to friends It will also become a prey for drug dealers. in this Among families more than other social groups They play a role in preventing teenagers from smoking.

The role of the family in the prevention of relapse Teenagers to smoke

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Adolescence is a sensitive and wonderful period and a boundary It is childhood and youth. Vigilant families should be with Being aware of the special conditions of this period, always take care of the children Be your teenager. understand their sensitive situation and Take as many of them as possible. When the problems Adolescents in the home environment and in the close family without The fear of punishment and shame should be raised through solutions If the logic of the parents is resolved, there is no need to attend and interfere

Not friends and peers. Educational role of home and family As the environment where children spend most of their time It is important to spend as much as you dare He said, the origin of all successes and failures should be in the method Searched for the education of families. Parents should be vigilant

And the communication, behavior and interactions of your teenager under comment, and if they feel the deadly scourge of smoking, They took their children by the neck and without dying suffocate this evil seed. Education before the age of 15, trying to reduce Psychological pressures, encouragement and timely reinforcement of successes, Providing healthy and productive recreation and internalization Values influence on the prevention of adolescent smoking has a lot.

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