Whether they are **male** or **female**, **adolescent**s **feel like** **deciding on** everything themselves **in spite of** parents’ instruction, especially when they face problems like **sex**, **mental stress**, **etc**, which make them feel **ashamed** and **embarrassed**. Thus, they often **automatically** **get into** troubles **due to** their imperfect **comprehension** and **judgement**. Some **are addicted to** cigarettes, only several **packet**s of which will hurt their **lung**s and make them **breathless** quickly. Others can’t **quit** drinking **alcohol**, whose harmful **effect**s include causing young **pregnant** women to **abort** or give birth to **abnormal** babies. The worst is drug **abuse**, for the **withdrawal** is **tough** once their bodies **are accustomed to** the drugs. Meanwhile, those who share **needle**s bought from **illegal** **chemist**s are at great **risk** of being infected with **desperate** AIDS. If so, neither **inject**ing nor taking **pill**s can guarantee their **survival**.

However, don’t be **disappointed** at or have **prejudice** against our children so easily. After all, being **awkward** is an **appendix** of youth. As long as we **strengthen** communication with them instead of only **ban**ning this or banning that, we will surely help them avoid anything **unfit**.

无论**男女**，**青少年**们都**喜欢不顾**家长的指导，自己对一切**做决定**，特别是当他们面对如**性**、**心理压力等等**一些使他们觉得**羞愧**和**尴尬的**问题时更是如此。因此，**由于**他们**理解力**和**判断力**的不足，他们常常会**无意识地陷入**困境中。有的**对**香烟**上瘾**，只要几**包**就会对他们的**肺**造成损害，使他们很容易就**气喘吁吁**；有的没法**戒除酒精**带来的不良**后果**，包括造成年轻的**怀孕**女性**流产**或剩下**不正常的**婴儿；最糟糕的是**滥用**毒品，因为一旦他们的身体**对**毒品**习惯**了，要想**戒毒**就相当**困难**了。同时，那些共用从**非法药剂师**处购买的**注射器**的青少年冒着感染**令人绝望的**艾滋病的极大**风险**，一旦感染上，不管是**打针**还是吃**药**都没法保证他们的**生存**了。

然而，请不要轻易就对我们的孩子**失望**或抱有**偏见**，毕竟，**不成熟**是年轻的必然**附属品**。只要我们**加强**和他们的沟通，而不是仅仅**禁止**这样，不准那样，我们一定能帮助他们避开**不健康的**东西。