**1. Distracted driving**

It’s any activity that diverts attention from driving.  
Causes:

* Phone use.
* Eating or drinking.
* Applying makeup.
* Talking to passengers.
* Handling children or pets.
* Adjusting audio or climate controls.
* Drowsy drivers.

**Effects:**

* Being involved in an accident.
* Lost driving privileges.
* Criminal penalties.
* Injuries.
* Death.

**2. Depression**

* It’s a serious medical illness that negatively affects how someone feels, the way they think and how they act.   
  Causes:
* Changes in the body's balance of hormones.
* Traumatic events during childhood, such as physical or emotional abuse, or loss of a parent.
* Stressful home environment.
* Violence.
* Pessimistic thinking, especially from parents.
* Use of drugs.
* **Effects:**
* Low self-esteem.
* Academic problems and failure.
* Difficulties with family conflicts and other relationships.
* Social isolation.
* Early pregnancy.
* Suicide.

**3. Bullying**

It’s the use of force, coercion, or threat, to abuse or intimidate classmates.  
Causes:

* The abuser comes from dysfunctional families.
* The abuser has been abused or neglected.
* No culture of respect for others.
* Violent games or movies.

**Effects:**

* Low self-esteem.
* Academic problems and failure.
* Social isolation.
* Suicide.

**4. Domestic violence**

It’s the abuse by one person against another in a domestic setting to maintain power and control.  
Causes:

* Anger management issues.
* Jealousy.
* Cultural beliefs they have the right to control their partner.
* Use of drugs.

**Effects**:

* Low self-esteem.
* Emotional and psychological trauma.
* Bruises.
* Red or purple marks at the neck.
* Involuntary shaking.
* Use of alcohol and other drugs to deal with the pain.

**5. Littering**

It’s the bad habit of thoughtlessly throwing away or leaving trash or garbage lying around in public places.  
Causes:

* Laziness.
* Lack of education.

**Effects:**

* Spread of diseases.
* Soil, water and air pollution.

**6. Parental pressure**

It’s the behavior exhibited by parents that is perceived by their children as indicating high, unlikely or unattainable expectations.  
Causes:

* High expectations.

**Effects:**

* Sleep deprivation.
* Eating disorders.
* Cheating.
* Loss of interest in hobbies.