Name

Class

Teacher

Date

Teens’ Health

Often, teenagers get their information from the internet and their friends. By applying good research skills and being critical thinkers, teens may find there are better sources. For instance, did you know that repeated drug or alcohol use can change an adolecent’s personality ? Or that [insert interesting fact here]? *Teenagers should be better informed about their mental/emotional health, physical health, and sexual health.*

First,

Secondly, physical health is a broad and important category for teenagers to learn about. Teenagers should know about nutrition, too. [Insert Nutrition Fact Here] Teenagers should also know about the effects of drug and alcohol on teenagers. [Insert Drug/Alcohol Effect Here] Lastly, it’s important that teenagers consider their physical fitness, too. One way teenagers might become more physically fit is to [Insert Physical Fitness Fact Here].

Third,

In conclusion, schools need better health classes. Teenagers need to be better informed about their mental/emotional health, physical health, and sexual health. By being well-educated, teenagers may make better decisions or at least safer ones.