

April, 2024



STUDENT news in Latvia



Teen problems



Sports among youngsters



Favourite sports in our country among young people

In Latvia, there are many popular sports, but a few are popular among young people. Basketball, and hockey are the main ones around teens & young people.

Basketball is very big among young people in Latvia. It's a great way for teens to stay active and make new friends. Whether they dream of going pro or just love shooting hoops in their free time. Basketball offers a fun and rewarding experience for young players, because of its popularity. The main idea why Latvian youngsters love basketball is because of, our pro players. For example Kristaps Porziņģis. Teens dream about that kind of people, in basketball industry. That's why they stay active in this sport.

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made it big in the NHL, inspiring dreams of one day reaching the same heights.

There is many more activities & sports hobbies, that are not that popular among young people. We have powerlifting, and volleyball e.t.c, but they are not that popular. So that's about it.





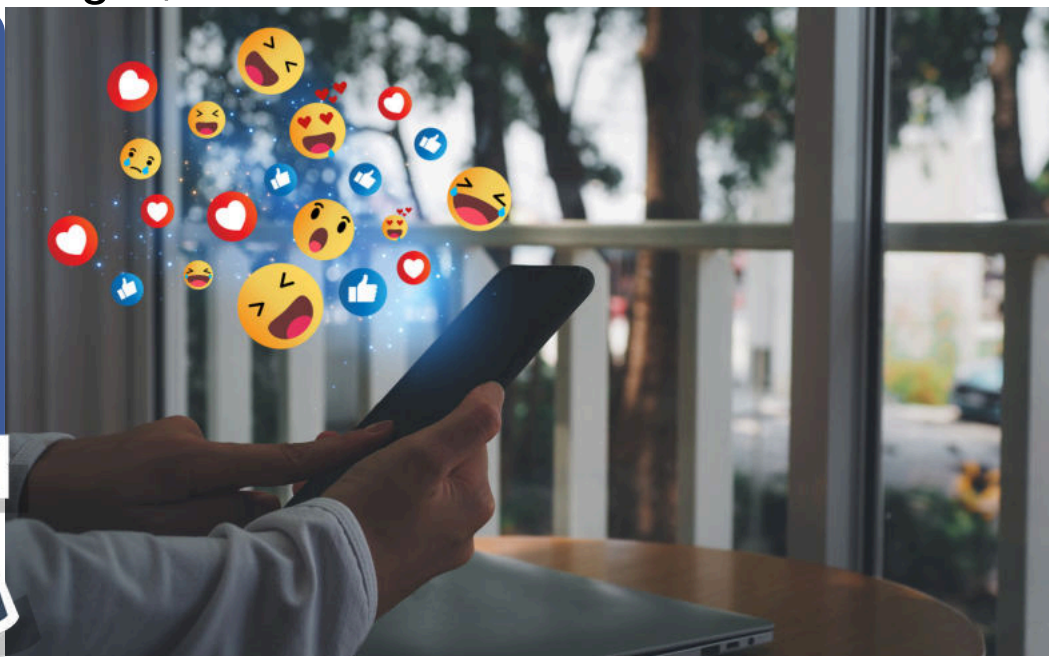
The Impact of Social Media on Youth.

So im gonna start with the most important and that is: Addiction and Discractions. Teenagers really cannot go asleep without watching a couple of reels, which turns out to 2 hours of watching them. It sucks them to phone like a vacuum.

Teenagers cannot focus on studying, because of TikTok and other social media platforms. It impacts their brains really bad, because of the dopamine hits. Rather than going outside to run, they will watch others do it on YouTube. Their whole life is on their phone.

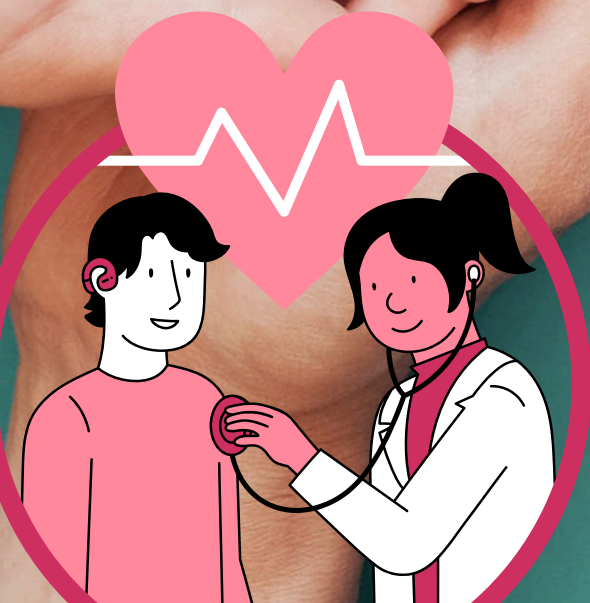
Social media can make you feel that doing drugs, and other bad things is cool. For example, electronic cigarettes, vapes, became literally popular from Social Media.

But youth can change this epidemic, and start doing real things, not watching scrolling reels. Its all in our minds, some ar stronger, some- weaker.



Healthy lifestyle among young people in our country.

Previously i talked about how bad social media is, but now i want to talk about positive things that internet produces. So for example in youtube you can find every possible mental / physical problem help videos, and tutorials. If you are depressed, go to YouTube and it will help. Not a big deal if you have stomach pain, because in internet you will find answers why it hurts, and it will give you tips to get rid of the pain. Thats why this youth is so smart at healthcare. A lot of people eat healthy, because there is so much information what exactly to eat to bet in shape, and healthy. I would almost be wrong, to not be heathy these days, where all the information is available.





Tips and tricks for effective studying.

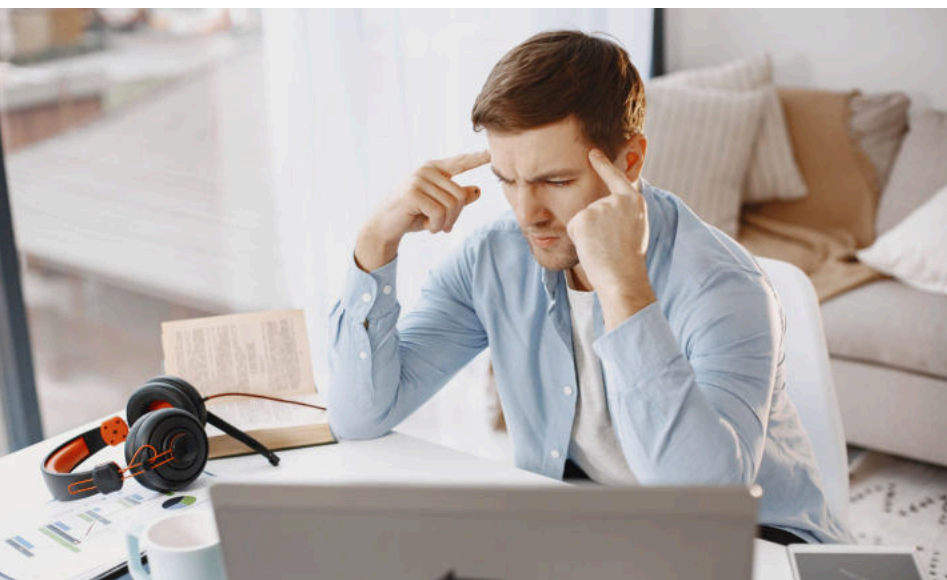


Best tips and tricks i can give you for more effective studying are rally simple.

Train your brain to control more stressful things, for it to grow and be more patient. So try to focus on things for longer, not just for a couple minutes.

Another tip is to not over do it, take short breaks every now and then.

Ofcouse study in silence, to not get distracted. If you feel frustrated then ask for help, ofcourse!



18+

How not to get into bad habits like smoking, drinking.

Study to know the risks, understand the dangers and health risks associated with smoking and drinking. Knowing the facts can help you make informed decisions. Another tip is to spend time with friends who support healthy choices and avoid peer pressure to smoke or drink. Find Healthy Alternatives, engage in activities that are fun and fulfilling without the need for smoking or drinking. This could be sports, hobbies, or creative outlets.

Set

personal boundaries, decide ahead of time that you won't smoke or drink, and stick to your decision even in tempting situations.



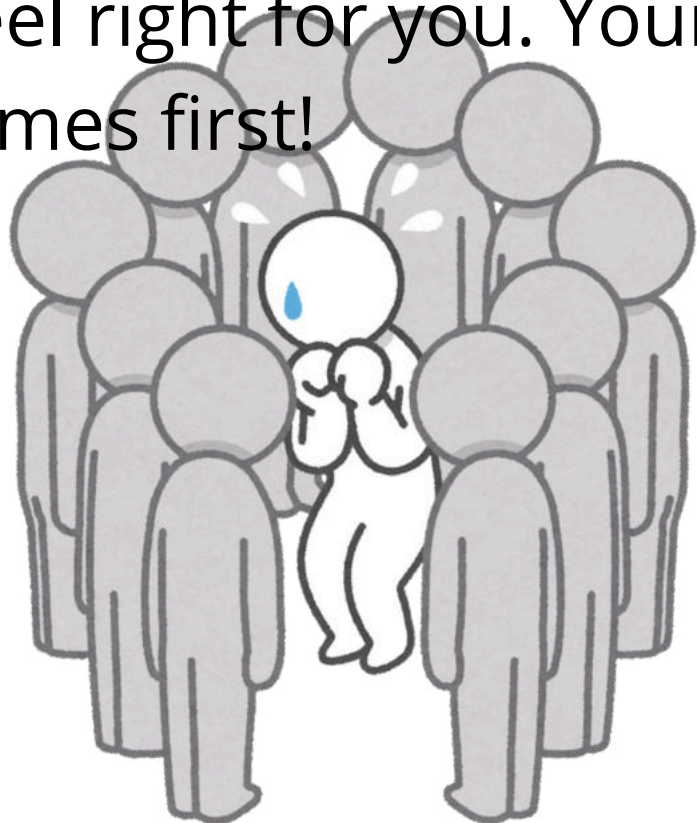
Dont feel pressured

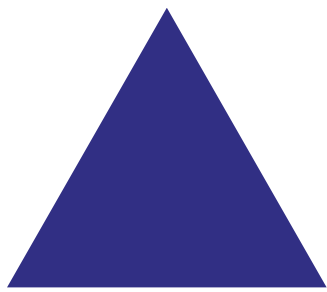


Feeling pressured as a teen is normal, but there are ways to handle it. Knowing yourself and trusting your gut are key. It's okay to say

NO if something feels wrong. Surround yourself with supportive friends who respect your boundaries. You need to have a plan for tricky situations, like parties. If pressure gets

too much, talk to a trusted adult for guidance. Remember, it is okay to be yourself and make choices that feel right for you. Your well-being comes first!





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