

Unit 6 – Break the habit

Addictions among teenagers

smoking addiction	We had to talk to Jauna about her smoking addiction; she was having a pack of cigarettes every day!	Nikotinsucht, Tabakabhängigkeit
shopping addiction	I had a shopping addiction when I was younger, now I'm happier with what I already have.	Kaufsucht
alcohol addiction	I do not have an alcohol addiction, I just like to meet my friends for a drink sometimes.	Alkoholsucht, Alkoholkrankheit
chocolate addiction	Children may develop a chocolate addiction if parents aren't careful with their kids' sugar intake.	Schokoladensucht
drug addiction	Too many teens struggle with drug addiction these days because they feel pressured to fit in.	Drogenabhängigkeit
Internet addiction	Internet addiction is often not taken seriously because so many people use their phones every day.	Internetsucht, Onlinesucht
to relieve stress	A good way to relieve stress is to do sports.	Stress abbauen / verringern
to feel good	I always feel good in the mornings when I get a lot of sleep.	sich gut / wohl fühlen, gut drauf sein (ugs.)
to fit in	Some kids find it difficult to fit in at school.	(sich) einfügen / eingliedern
to overcome problems	It's easier to overcome problems if you talk about them with someone.	Probleme bewältigen / überwinden
to perform better	I perform better in school when I eat breakfast, as it gives me more energy and helps me focus.	eine bessere Leistung erbringen
to be curious	I am curious about how other people find the time to exercise.	neugierig sein
to boost one's self-esteem / self-confidence	Having supportive friends is important in order to boost one's self-esteem.	den Selbstwert / das Selbstwertgefühl stärken / erhöhen
to be under peer pressure	Ignore him, he's under a lot of pressure at school so he's not in a good mood.	Gruppenzwang ausgesetzt sein, unter Gruppenzwang stehen
to inform someone about the risks and consequences	Nafsika informed her friend about the risks and consequences of drunk driving.	jemanden über die Risiken und Konsequenzen informieren
to have an active social life	Richard has an active social life even though he lives in a small village.	ein aktives Sozialleben haben / führen
to be proud of oneself	I am proud of myself for eating better this year.	stolz auf sich sein
to increase the price of legal drugs	Some politicians believe that if they increase the price of legal drugs, people will be healthier overall.	den Preis für legale Drogen erhöhen
to raise the smoking and drinking age	If we raise the smoking and drinking age, teens may be less likely to start these habits at a young age.	das Mindestalter für Zigaretten- und Alkoholkonsum erhöhen
to have someone to talk to	You need to have someone to talk to about your problems.	jemanden haben, mit dem/der man sprechen kann
to have someone who cares	I am so lucky to have someone who cares about me.	jemanden haben, der/die sich kümmert / sorgt

Addictions and the consequences

to be broke	He's broke after spending all his money on expensive watches.	kein Geld mehr haben, pleite sein
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to get physically and psychologically addicted	It's possible to get both physically and psychologically addicted to drugs.	physisch (körperlich) und psychisch abhängig werden
to gain weight	He gained weight after eating too much chocolate.	(an Gewicht) zulegen, zunehmen
to become a criminal	He had to become a criminal to survive, as he had no other means of supporting himself.	straffällig werden
to lose one's friends	It's common to lose one's friends because of addiction.	die Freunde/Freundinnen verlieren
one's heart rate and blood pressure rise	One of the physical symptoms of doing drugs is that one's heart rate and blood pressure rise.	der Puls / die Herzschlagfrequenz und der Blutdruck erhöhen sich
one's school / work performance suffers	Your work performance suffers if you drink alcohol at work.	die schulische Leistung / Arbeitsleistung leidet / wird in Mitleiden-schaft gezogen
to cause lung cancer	It is well known that smoking causes lung cancer.	Lungenkrebs verursachen, zu Lungenkrebs führen
to get bad eyesight	You can get bad eyesight from diabetes.	zu verminderter / schlechterer Sehkraft führen
to suffer from diabetes	Many Americans suffer from diabetes because of their poor diet.	an Diabetes leiden
to cause memory loss	Being an alcoholic may cause memory loss no matter the age.	zu Gedächtnisverlust führen, Gedächtnisverlust verursachen
to overdraw one's bank account	Eve often overdraws her bank account because of her expensive habits.	das Bankkonto überziehen
to have high cholesterol levels	Eren has high cholesterol levels, so his doctor recommended him to go on a diet.	hohe Cholesterinwerte haben
to have bad breath	Mark had bad breath because of his diet.	Mundgeruch haben
to suffer from serious withdrawal symptoms	People who have taken drugs for a long time often suffer from serious withdrawal symptoms once they try to quit.	unter schweren Entzugserscheinungen leiden
to get aggressive more easily	Hank has a long-term drinking problem and tends to get aggressive more easily.	schneller / leichter aggressiv werden
to suffer from obesity	Unsurprisingly, those who are addicted to eating often suffer from obesity.	an/unter Fettleibigkeit leiden
to start to shiver	You may start to shiver if you're addicted to something and haven't taken it in a while.	zu zittern beginnen
to get a headache	I get a headache every time I take my medication.	Kopfschmerzen / Kopfweg bekommen

Why addictions are more likely among teens

to be likely to do something	Teens are likely to harm themselves by taking drugs because they lack experience yet.	etwas wahrscheinlich tun
to experiment with drugs	Teens who experiment with drugs often do not know the risks involved.	mit Drogen experimentieren
to develop an addiction	You can develop an addiction at any age.	eine Abhängigkeit / Sucht entwickeln
substance abuse / use	Substance abuse is something you can find in almost any country.	Drogen- / Suchtmittelmissbrauch
to overreact to criticism	Teens often overreact to criticism about their habits.	auf Kritik überreagieren / heftig auf Kritik reagieren
to be pleasurable	Once teens experience something that is pleasurable, they will probably try to do it again.	angenehm / vergnüglich sein
judgement is often poor	Because teens do not have much life experience, their judgement is often poor.	das Urteilsvermögen ist oft schlecht / unzureichend

to lack willpower	Leah knows she lacks the willpower to quit smoking on her own, so she's considering seeking professional help to overcome her addiction.	an Willenskraft mangeln, keine / wenig Willenskraft haben / besitzen
to resist doing something	People who think about the consequences usually find it easier to resist making poor decisions.	sich dagegen wehren, etwas zu tun
to overcome an addiction	It is difficult to overcome an addiction, but not impossible.	eine Sucht / Abhängigkeit überwinden / bewältigen
to get proper treatment	Once Harvey got proper treatment, he no longer felt like he needed alcohol to survive.	eine geeignete Behandlung bekommen
to make a full recovery	Harold made a full recovery after a crazy night of bad decisions.	vollständig genesen, sich vollständig erholen
Ready to quit		
to develop an excessive behaviour / habit	Those who have developed an excessive habit may find it difficult to stop.	eine exzessive / übertriebene Verhaltensweise / Gewohnheit entwickeln
to not be able to think of anything else	Once you've tried something addictive, you may not be able to think of anything else.	nicht (mehr) in der Lage sein an irgendetwas anderes zu denken, an nichts anderes mehr denken können
to be controlled by something	It is common to think that addiction feels like you are being controlled by something.	von etwas kontrolliert werden
to become a top priority in one's life	Maya allowed drugs to become a top priority in her life, and she knew that had to change.	zu einer obersten Priorität im Leben werden
to talk to a person you trust / a teacher / a professional	If you feel unable to stop your addiction, you should talk to a person you trust like a teacher or other trained professional.	mit einer Person sprechen, der man vertraut / mit einem Lehrer/einer Lehrerin sprechen / mit einem Experten/einer Expertin sprechen
to admit an addiction	Once you admit to yourself that you have an addiction, overcoming it becomes easier.	sich eine Sucht / Anhängigkeit eingestehen
to ask for help	Mike had the courage to ask for help with his gambling problem.	um Hilfe bitten, Hilfe anfordern
to (not) realise the consequences of one's actions	Many addicts do not realise the consequences of their actions until it is too late.	die Konsequenzen von Handlungen (nicht) erkennen
to lack knowledge	Many teenagers try drugs because they lack knowledge of the risks.	keine Kenntnis haben, an Wissen mangeln
to be naïve	It's naïve to believe that addiction can be overcome with willpower alone, without support or treatment.	naiv sein
to overcome mental health issues	Many people can overcome mental health issues with professional help.	psychische Probleme überwinden
to escape from problems with one's parents / school	Kellan turned to drugs to escape from problems with his school.	sich Problemen mit Eltern / Schule entziehen, vor Problemen mit Eltern / Schule flüchten
Teen Internet addiction		
to respond to a survey	Over 300 people responded to a survey about their Internet use.	an einer Umfrage teilnehmen, eine Umfrage beantworten
a high / low percentage	A high percentage of boys reported spending over 5 hours online every day.	ein hoher / niedriger Prozentsatz

to be a serious threat	Because of smart phones, Internet addiction is now a serious threat for young people.	eine ernsthafte Bedrohung sein
to lead to mental health issues	Scrolling online may seem harmless, but it can lead to mental health issues.	zu psychischen Problemen führen
to develop a compulsive behaviour	There are many reports of how Internet addiction has led teens to develop a compulsive behaviour they cannot stop.	ein zwanghaftes Verhalten entwickeln
to be moody	Teens can be moody sometimes, especially when they don't get enough sleep.	launisch / launenhaft sein
to be an escape from reality	Social media can be a way for teens to temporarily escape from reality and explore who they want to be.	eine Flucht / ein Rückzugsort vor der Realität sein
to suffer from poor social skills	Those who suffer from poor social skills often feel safer online.	über mangelnde / schwache soziale Kompetenzen verfügen
to feel insecure	Sharon feels insecure in the real world because she lacks confidence in social situations.	sich unsicher fühlen
a form of punishment	Parents taking away their teen's smart-phone is a form of punishment many young people find very difficult.	eine Art der Bestrafung