

## CLICK FOR FULL

**ARTICLE** <https://gulfnews.com/opinion/letters/readers-letters-uae-students-write-in-about-problems-affecting-the-youth-1.1623566320087>



**Mr. Padraig Moore - English Teacher** Commented: Students at SAIS have been concerned about matters affecting the youth and wrote to Gulf News sharing their concerns. The editors were overly impressed with their research and knowledge of facts that they were happy to share their articles for Gulf News audience to read.



### What are the consequences of obesity on life expectancy?



*Author Anthony Philip*

Obesity is a complex disease involving an excessive amount of body fat ("Here are five top obesity myths busted", Gulf News, May 14). It can also increase the risk of other diseases and health problems, such as heart disease, diabetes, and high blood pressure. Obesity is also associated with poor mental health outcomes and reduced quality of life. Humans become overweight due to a combination of different factors. The most common reason is a chronic imbalance between energy taken and energy used. Many people are just eating junk food that contains a lot of energy, such as potato chips, chocolate bars, and fizzy drinks. People also tend to do fewer exercises as they spend a lot more time watching television and playing computer games than participating in sports and active play.

## Readers' Letters: UAE students write in about problems affecting the youth!



### Causes of Adolescent Violence and how can we prevent it?

*Author Hamed Khalil Almarzooqi*



Family poverty, regular fights between parents, and issues at home can also become reasons for teen violence. As we all know, parents are our first teachers; they teach us how to live and how to get along with others. In some families, parents do not take care of their children and never teach their children about moral ethics. Therefore, their children grow up in an uneducated environment; they do not know what is right and wrong. As a result, they may do something illegal and cause violence. Prevention, intervention, and trauma-informed treatment strategies are ways to stop youth violence. Organizational trauma-informed care that is grounded in an understanding of the causes and consequences of trauma can promote resilience and healing while reducing youth violence.



### How to prevent adolescent violence?

*Author Fahad Fareed*

The term youth violence used by the CDC (Centers for Disease Control and Prevention) refers to "when young people aged 10-24 years intentionally use physical force or power to threaten or harm others". Adolescent violence can impact many people later in their lives and can lead to violent crimes like child abuse, neglect, assault, murder, and so on.

Mrs. Djamilla Meziane - English HOD



In SAIS we stress writing as a means of communication that is created based on audience and purpose. Our students are regularly trained to engage in global discussions and engage in matters beyond the school walls. SAIS students read,



### Learn a new language in a short period of time?

*Author Abdulrahman Amer*

Have you ever thought about learning a new language? Well, learning a new language is always an exciting experience as it improves your memory. There could be many reasons that lead to the need to learn new languages but, the advantages are vast. Learning a new language gives you a chance to see the many things around you in a different aspect. You will thus burden your way of thinking, and in the end, as you learn, you will enhance intelligence.