

3/1/17

P. 1

Susan wakes up one morning to the most ear-deafening shrieks and cries located next to her. She looks around her rented out room from her mother's house. She wakes up and tries to calm the child next to her as she needs all the sleep she can get if she wants to stay awake during her night shift in a local fast food chain located close to home. As Susan lulls the child to sleep she can not help but wonder where she went wrong. Susans, and many others, may find their answer in their high school days, in which no one had a care in the world. High school is full of many opportunities to have fun and make memories with one another; full of friends, parties, and etc. But, there are also many obstacles and temptations to get through through high school. These obstacles are called pitfalls or the events that lead teenagers to make poor choices and ruin their future. The biggest pitfalls that a high school student needs to avoid in order to succeed in high school are romantic relationships, depression, and peer pressure.

In contrary to many teenage beliefs, having a relationship in high school may not be beneficial and may cause many unwanted events in the future. It had been studied that people with a higher education had their first relationship later in life (or not at all); which can be caused for various reasons. One being that having a boyfriend/girlfriend can become contradicting and messy. When someone is in a relationship, they begin to only pay attention to their significant other and neglect their responsibilities as a student. Their world starts to revolve around the person they love and their school work starts to diminish in their list of priorities; ruining their academic reputation. Another undesired instance that can occur when having romantic feeling or a relationship with someone else is the low likelihood that that one person likes them back. With these emotions and connection comes heartbreak.

That person will be so infatuated with their feeling of sadness and despair that they will no longer focus on studying for exams or getting into college but wondering why this person broke up with them or does not return mutual feelings. Furthermore, one of the most dangerous and risky actions that comes with relationships is having sex. With the decision of having sex comes the chance of becoming a parent and this does happen to many teens. When a teenager then becomes responsible for a child, their priorities will be on the needs of their offspring rather than their education causing many teen moms to drop out of high school. Without a proper education, teens can not acquire an adequate job forcing them into poverty in the future. Along with being in love with another, a devastating high school pitfall is ^{also} depression.

Although depression may not affect a large majority of the high school population, it can cause major hardships to the ones it does. Depression can cause many difficult physical pains to a teenager that can affect not only school, but daily life. Depression can cause teenagers to feel tired/fatigued and incapable of sleeping. This then leads to teens to perform poorly in school and have a lack of energy needed to survive day to day life. Along with fatigue, depression can also cause teenager to have a low self esteem. This can result in teenagers to not have a very social personality and be susceptible to feeling more offended/sad when directed with insults. This can cause teens to commit self harming acts, having scars follow them for the rest of their life, and have or commit suicidal thoughts. One of the most serious consequences with developing depression is also developing an alcohol addiction as alcohol is the most abused drug by teenagers; easy to get hold of the substance. Teenagers can induce binge drinking

habits which can cause them to have alcohol poisoning or long term health effects (Damage to the brain). Another conclusion from an alcohol addiction that not only harms the drinker but, also the people around them is drunk driving.

records The criminal and health effects will continue to follow teens throughout the rest of their lives preventing them from a good education and future. In addition to depression, peer pressure can also greatly impact some ones future,

Unlike relationships and depression, peer pressure has the capability to affect most or all teenagers. Peer pressure ~~may~~^{is} be more impactful due to the teenage brain. The teenage brain is not fully developed and does not allow teens to see all the consequences that comes with their actions, causing them to do more dangerous things. Peer pressure can cause teens to overlook their morals and act out in a way they will not usually; if its though committing crimes or going to parties. Peer pressure can cause teens to become distracted and not focus on their education. From their friends convincing them not to study or forget about their education^{college} to have fun. Peer pressure can be more impactful than others believe

The major pitfalls in high school to avoid is unnecessary connections, built up emotions (depression), and peer pressure. If susan would have followed these rules she may have had a better future for herself and her baby.