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| **Stop addiction to smoking and drugs**   * Smoking is frequent among teanagers * It causes deadly diseases such as different types of cancer * Cuases breathing problems mainly Asthma * Causes tooth decay and skin rash * Affects the mood of smokers and leads to depression and hence relationships * It has an impact on the family budget as it’s a waste of money * Has nasty effects not only on the smoker but also on the people around him/ her * When it becomes an addiction it may lead to crimes and even committing suicide | **How to stop smoking**   * Give up bit by bit * Consult a doctor to help quitting * Use nicotine patches / gums * Be away from smokers * Have a strong will / determination to quit * Replace cigarettes by healthier habits * take regular excercise ( sport) * be aware of the risks of smoking and drugs and raise other people’s awareness |
| **Protect endangered species**  **Causes :**   * Poachers are killing animals for fun * Trees are cut down massively ( logging) that’s why animals lose their habitat * Forest fires caused by human activities * Pollution with its different aspects affects the environment and harms sea and wild life * Global warming which results from co2 emission * Illegal hunting for animals body parts such as ivory( elephant), skin , fur and even bones ( tiger) | **Solutions :**   * raise people awareness to stop polluting the environment * plant more trees and redcuce logging * build animal preservations for endangered species * punish offenders ( illegal hunting , logging trees) * Limit effects of pollution via the 3Rs : Reduce Recycle and Reuse * Teach the new generation about the importance of animals in our life as a beauty of nature   Campaign for animal protection and joing environmental groups/ clubs / organisations |

***Endangered species :***

*It’s heart- aching to see animals disappearing one kind after the other without doing anything to save them.*

*Many species are extinct while others are endangered for many reasons. First of all , pollution is a threat to all the planet without exception. Water pollution is harming many sea species . Land pollution with chemical waste and so on are causing even more damage. Add to that illegal hunting and poaching or hunting animals for their precious body parts. What’s more is the logging of trees which results in the loss of habitat and shelter for animals , insects and even plants. What sould be done then?*

*We have to take urgent actions. We should sensitize people about the dangers animals are facing. Moreover , we have to enforce new strict laws to punish offenders of nature. Preserving animals in natural parks or reserves is another solution. We should campaign against illegal hunting and stand against poaching .*

*In brief , it’s everyone ‘s responsibility to protect endangered species otherwise we will see them only in old photos because once they are gone it’s forever.*

**TREES**

*There is no doubt that trees are the lungs of planet Earth. Not only they give oxygen and absorb carbon dioxide but they also have many other benefits. First they give shade to many species which take forests as their habitat. Besides they provide food , wood and even medicines. Forests are places where we can relax and enjoy natural beauty. However , forests are threatened by many factors. To begin with , they are cut down massively by selfish industries. They run the risk of fires which can be natural or caused by human activities. Some farmers harm forests by their random pasture and thoughtless behavior. Hence we should take urgent actions to save trees. We should plant new ones . We ought to punish offenders who cut trees illegally. It goes without saying that raising awareness and campaigning for the protection of trees is required at once.*

*All in all , it’s very urgent to stop the harm we are doing to forests and start preserving them to ensure a healthy future to the coming generation.*