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SOCIAL ISSUES – THE ELDERLY

(1) Characteristics of the Elderly

- the aged / the grey population / the elderly / the senior (長者)
- wheelchair-bound (受制於輪椅)
- suffer from chronic diseases (患於慢性疾病)
- live on pension (靠養老金生活)
- plagued by severe illness (患上嚴重疾病)
- dementia (腦退化症)
- empty-nesters (獨居老人)
- retiree (退休人士)
- be confined in the elderly home (只能住在老人院)
- whine about (發牢騷)
- tormented by loneliness, depression and anxiety (受孤獨感、抑鬱及焦慮折磨)
- experience significant cognitive decline and delirium (出現明顯的認知下降和及神志失常)

(2) The Aging Population

- shortage of geriatricians (缺乏老人科醫生)
- diminishing workforce (勞動力下降)
- put a huge strain on medical care service (對醫護服務造成極大壓力)
- increase in life expectancy (壽命)
- longevity (長壽)
- intergenerational conflict (跨代衝突)
- mortality rate (死亡率)

(4) Animal Rights

- show respects for animal rights (尊重動物權益)
- promote wildlife conservation (提倡保育)
- step up education about animal welfare (加強對動物福利的教育)
- put a halt to the brutality to animals (停止對動物的殘忍)
- evacuate suffering animals (把受苦的動物撤離)
- impose a ban on animal testing (實施對動物試驗的禁令)
- regulate the treatment of animals in research, exhibition and transport (管制研究、展示及運送時對待動物的方式)
- Ethical Treatment of Animals (PETA) (動物道德規範)
- animals deserve to live their lives free from suffering and exploitation (動物應享有不受痛苦和剝削的生活)
- non-human animals are conscious beings not machines or objects (非人類動物是有意識的，而非機器或物體)
- restrictions on medical experiments on non-human animals (對非人類動物進行醫學實驗的限制)
- discourage blood sports involving animals like bullfighting (阻止血腥運動如鬥牛)

EDUCATION– PARENTING

- permissive parenthood (寬容的父母)
- authoritarian parenting (專制育兒法)
- indulgent western parenting (西方放任式育兒法)
- an effective form of discipline (有效的管教方法)
- helicopter parents (直昇機家長)/tiger mum (虎媽)
- a child-focus culture (以孩子為中心的文化)
- micromanage children's lives (管理孩子的生活細節)
- monitor children obsessively (過份地監督孩子)
- shield children from every possible danger (保護孩子免受任何傷害)
- strip them of independence (剝削他們的獨立)
- invest heavily in children's success (投放大量資源讓孩子成功)
- spoil children with material comfort (以物質享受寵壞兒女)
- fulfill children's every request (滿足孩子所有要求)

TEENAGERS – CHARACTERISTICS OF TEENAGERS

(1) Negative Characteristics

- mentally fragile (精神脆弱)
- lack self-esteem (缺乏自信)
- lack life skills (缺乏生活技能)
- be susceptible (容易受影響的) / follow the crowd (跟隨群眾)
- be self-centered (自我中心)
- lack a sense of direction (缺乏方向感)
- have poor emotional quotient (情緒智商低)
- be spoilt and over-protected by parents (被家長寵壞過份保護)
- give up easily in the face of setbacks (面對挫折前容易放棄)
- have poor communication/interpersonal skills (溝通能力/人際關係弱)

(2) Positive Characteristics

- a generation of creativity (富有創意)
- have the courage to achieve their dreams (大膽追夢)
- future pillars (未來棟樑)
- seek to sharpen their competitive edge (提升競爭力)
- represent the future of Hong Kong (代表香港的將來)
- technologically savvy (精通科技)
- make reflections on their weaknesses and strive for self-improvement (反省自身不足及自我進步)
- be self-assertive of their thoughts and creative ideas (對自己的想法與創意思想肯定)

HEALTH – SOCIAL ISSUES

(1) Physical beauty

- Cosmetic surgery (整容手術)
- breast augmentation (隆胸)
- double eyelid surgery (雙眼皮手術)
- achieve round eyes (使眼睛變得更圓)
- put our health in jeopardy (危害我們的健康)
- take slimming pills (服用減肥藥)
- plagued by nutrient deficiency (受營養不良困擾)
- slow down metabolism (減慢新陳代謝)
- impact mental health condition (影響心理健康狀況)
- enhance one's attractiveness (提升...的吸引力)
- become increasingly accepted by society (變得愈來愈被社會接受)
- push back the effects of age (擊退歲月留下的痕跡)
- judge people by their appearance (單憑外觀評價別人)
- develop Body Dysmorphic Disorder (BDD) (身體畸形)
- go against nature (違背自然)
- be obsessed with extrinsic beauty that runs counter to the intention of God (迷戀與上帝的意念背道而馳的外在美)

TECHNOLOGY – ELECTRONIC GADGETS

(1) Negative Impacts

- phubber (低頭族)
- be hooked on smartphone (沉迷於手機)
- be glued to social media (注目在社交媒體)
- indulge in the virtual reality (沉迷於虛擬現實)
- misuse of mobile devices (濫用流動設備)
- unquenchable thirst for exploring the online world (渴望探索線上世界)
- feel compelled to respond immediately (覺得被強迫立即回應)
- short attention span (注意力時間短)
- cause speech or language delay (導致語音或語言延遲)
- stare at electronic screen continuously for long time causes distress (長時間盯著電子屏幕造成困擾)

(2) Positive Impacts

- have better motor skills (具有更好的運動技能)
- healthy exercise for growing children (為成長中的孩子提供健康運動)
- improve cognitive skills (提高認知能力)
- develop different learning skills faster (更快地學習不同技能)
- access educational websites (上教育網站)
- get detailed information about required topic (獲取與所需主題有關的詳細資料)

SPORTS – EXERCISE HABITS / BENEFITS OF SPORTS

(a) Health

- sports and health are heavily related (運動與健康極有關係)
- helps to burn calories (燃燒卡路里)
- reduce the risk of heart diseases/obesity (降低患心臟病/肥胖症的風險)
- develop strength and coordination (培養體能和協調性)
- the key to mental well-being (良好精神健康)
- mood-boosting activity (改善心情的活動)
- increase life expectancy (提升預期壽命)
- and outlet for stress (發洩壓力的方式)
- maintain a proper sleeping schedule (保持適當的睡眠規律)
- fight against cancer and other lifestyle diseases (對抗癌症和其他生活模式疾病)
- exercise on the bones, muscles, ligaments and tendons (鍛煉骨骼，肌肉，韌帶和肌腱)

(b) Self-confidence

- develop self-esteem and self-confidence (建立自尊心和自信心)
- achieve a great sense of self-empowerment (得到自我滿足感)
- develop leadership skills (培養領導能力)
- get a runner's high (獲得跑步的愉悅感)
- experience tangible improvement (切實改善)
- the confidence boost will translate into all areas of one's lives (增強了的信心將為人生的各方面帶來改變)