

Wiriya Wisang

The absence of sexual education is a cause of serious problems for teenagers today. Without accurate information, many young people face unwanted pregnancies and sexually transmitted infections, including dangerous viruses like HIV/AIDS. These issues not only interrupt their education and future careers, but also destroy massive government expenditures for healthcare. Therefore, sexual education for teenagers is essential for our generations.

The major obstacle of this progress has been the opposition from older generations. They always believe that sexual education is harmful to their culture or that it encourages early sexual activities. Consequently, teenagers don't receive support from their family. Instead, they turn to unreliable sources for information, which can lead to more dangerous outcomes.

To solve this problem, school departments and the government should provide families with a new perspective and also help them understand the benefits of sexual education. When everyone works together, teenagers will feel comfortable talking to parents or teachers without shame. By working together, we can protect our youth from unplanned pregnancies and disease.

In conclusion, we must remove these barriers to protect our youth. Sexual education is a necessary tool to keep them safe and healthy. It is time to replace stigma with knowledge and reduce the high costs to our healthcare system.

Kimberly Tai

Why would most people use social media and their phones much?

We have been living in the world of social media addiction. If we didn't even have our phones, we couldn't do anything and it would be inconvenient. I am one of them. The telephone is an indispensable necessity for us. ** Addiction is a habit. Finally, the addiction will disrupt our body rhythm and the brain is not always working well.

. . . My problem is that I have been watching YouTube and TV a lot at home. Also I have been using my phone much too. I'd check e-mails and pay the bill, and get some information by phone. However, I'd go to bed early, but here I'm scrolling my phone again. I didn't get enough sleep. Also my head was tilted forward and my eyes were tired. It's not good for my health. I didn't read the books much either. I lost chance to talk with my grandsons.

There are many solutions for this problem. I should slow down using my phone. Also I have to exercise and study English and then play pickleball with my friend. I should better keep the phone out of sight.

Addiction to the media could be helped with self~ control. It's up to me.

In conclusion; It is hard to stop this kind of addiction. According to this topic,

“ Too much is as bad as too little. “

Most people often miss out on real~life experiences. I find a balance between the virtual world and the real world.

Kunsang

3-3-26 Many children are hungry in the United States.

Some about the problem.

Households with children.

In 2023, almost 14 million children lived in food insecure households almost 2 million of the children were under the age of 3. Child hunger is a big problem in the United States. It's worse in Blacks and Latinos. It causes developmental issues. Hunger among children causes many problems. Poor academic due to lack of focus. Health problems. Developmental issues. My problem is I spilled a drink. I spilled a drink long time ago. It cause damage to the sofa. My parents were upset. Because there was a new sofa, my parents were upset.

Hook: More than 1 in 5 children is at risk of hunger in the U.S.

Topic sentence (state the problem): Hunger among children causes many problems.

Details: Poor academic due to lack of focus. Health problems. Developmental issues.

Health care is expensive for the elderly in the U.S.

One out of five adults age 65 and older are uninsured. Although Medicare provides support for a portion of healthcare costs, there are additional costs. Medicare does not cover dental, vision, prescriptions and long-term care.

Health insurance can be very expensive for people over 65 in the US. Low income people & those that are undocumented are most at risk. Out of pocket expenses can be significant as people age. One in four adults spent at least \$2000 in out-of-pocket care in 2025. Long-term care is not covered and is very expensive. Health care costs for the elderly can be improved if the government provides more support. People can also take more responsibility for their own health. How can we solve the problem of high health care costs for the elderly?

The U.S government should make this a Medicare for all. For example the U. K has a national healthcare system. Hong Kong has a public health care insurance system and provides long-term care insurance and Germany includes a need to negotiate. The US should also negotiate lower drug costs. The U.S government should establish more sports programs, like jogging, cycling track and basketball. The government should also warn people not to smoke, drink alcohol and don't do drugs. Furthermore, people need to choose their own plan in managing, both physical and mental health. People can do exercises such as walking, running, playing basketball, swimming and hiking..... People can develop good health habits which contribute to reducing health care costs.

In conclusion, Medicare for the elderly is expensive but there are solutions. Government support and more sports programs and education will help lower costs. Also, individuals can decide to live healthier lives. I hope that every elderly person can live a peaceful and healthy life.

Climate Change

Climate change is making life difficult for people in the future. 2025 was the hottest year since weather records began. Climate change still is a big problem in the world. Today we can improve it with clean energy and water. It also will affect human lives with 97% of scientists agreeing that humans are responsible for climate change. Examples of human activities are coal, oil, and natural gas. These factors have caused temperatures to rise 75% - 90% in the last ten years. Climate change can be slowed if people change their behavior.*

Climate change can change weather into extreme heat and other extreme events. Climate change also brings extreme rainfall, flooding, wildfires, and agricultural droughts. Climate change also causes air pollution, disease, forced displacement, food insecurity and mental health stress. If the weather continues to warm up and the situation worsens, this disaster will be making life difficult for people and harming human health too.

We need to slow down climate change. We can save energy and water, live a low carbon life, reduce driving and waste. Everyday people should start getting used to separating the paper, compost, garbage and plastic bags for environmental protection.

In conclusion, schools and families should teach young people about how climate change causes major disasters. The government also should have a plan to solve the problem of climate change to give young people a bright future. If young people can find a perfect solution to this problem, they will have a better life in the future.

Virginia Wong

Drugs and homelessness is a serious problem in downtown Seattle. I see a lot of homeless people on the street and they take drugs and they are hungry. About 11,700 homeless people are in King County. Some reasons why they are homeless are because they lost their job, they are addicted to drugs or alcohol, or eviction. I can see old and young people, and some are disabled and sick. Many of them are from other states. I can see some are even from the military. If they have a job to have income, they don't need to be homeless.

The government should be helping them increase their education or some skill to help them survive. If everybody had a job, they would support themselves. 80% of homeless have no job. If the government encouraged the homeless to increase their job skills, that may lower the percentage of homeless on the street.

They don't need to be homeless, if they have a job to have income. I think, when everyone gets a job, they don't need to be homeless and hungry.

Winnie Wong

How to Help Children with ADHD Thrive

In the United States, the diagnosis rate of attention deficit hyperactivity disorder (ADHD) is showing a significant upward trend. According to data from the Centers for Disease Control and Prevention (CDC), approximately 7.1 million children aged 3 to 17 were diagnosed with ADHD in 2022, an increase of 1 million from 2016. This means that roughly one in nine children now have the condition. Therefore, society must better understand ADHD and provide effective support for the children with ADHD to thrive.

One major problem is that many people misunderstand ADHD and the traditional school system does not meet the needs of these children. What exactly is ADHD? For many, this label conjures up images of "naughtiness" or simply "inattention." However, scientific research reveals a deeper reason: ADHD is a fundamental difference in how the brain develops and processes information. It's not that children refuse to concentrate, but rather that their "memory system" is inherently prone to error. Children with ADHD rarely interrupt others out of rudeness; rather, it's because their brains are racing, overflowing with thoughts, and they struggle to capture them before they disappear. Unfortunately, traditional school systems haven't kept pace with these specific needs and often fail to provide the necessary support. Children with Attention Deficit Hyperactivity Disorder (ADHD) often struggle to control their emotions and physical impulses, impacting their academic performance and social lives. Therefore, to bridge this gap, educators must gain a deeper understanding of ADHD and implement specific strategies to help these students succeed.

One solution to help kids with ADHD is for society to better understand ADHD and provide effective support for the children with ADHD to thrive. Solutions can be achieved through collaborative efforts between educators and parents, creating a supportive environment at school and home. Together, they can teach children how to manage their emotions, schedule their time, and develop healthy habits. For example, children can be taught deep breathing and to think before speaking. Meanwhile, adults can replace harsh reprimands with gentle reminders and clear instructions. These small changes help the brains of people with ADHD filter distractions more effectively. As a result, by establishing this foundation of patience and structure, children with ADHD can focus better on their studies and improve their relationships with others.

In conclusion, children with ADHD need greater understanding and effective support from society in order to succeed. When we stop treating ADHD as a behavioral flaw and start treating it as a processing difference, we change the trajectory of a child's life. By implementing these supportive strategies such as deep breathing and thinking before speaking, at home and in the classroom, we do more than just help children stay quiet; we empower them to harness their unique creativity. Our goal should not be to make these children 'normal,' but to give them the tools they need to become the extraordinary leaders and innovators of tomorrow.

Ahmed

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HOMELESS

Growing up in Libya, we all thought the United States of America was a wealthy country, so it was a big surprise to see so many homeless when my family arrived in Seattle.

Homelessness is the condition of lacking stable, safe, and adequate housing. The definition of homelessness differs from countries yet to have any definition in place.

In the United States, California has the largest total homeless population by far, with over 187,000 people, New York 158,000 people, and Washington 31,554 people, in Seattle remains a critical crisis with approximately 16,868 people.

Homelessness is a major issue because it stems from complex, interconnected problems like a severe lack of affordable housing, wages that don't keep up with rising costs, systematic inequality, and inadequate social safety nets, all of which push vulnerable people into instability.

It devastates individuals by causing severe health problems, disrupting education, and trapping them in poverty, while also straining public services, creating economic burdens, and sparking public safety concerns, impacting entire communities.

Effective solutions to homelessness center on the "Housing First" approach, which provides immediate, permanent housing without preconditions, paired with voluntary supportive services like mental health care, addiction treatment, and job training. Key strategies include increasing the supply of affordable housing, offering rental assistance, preventing evictions, and providing tailored support for specific populations.

In my opinion, city and state officials, as well as the governor, should intensify efforts to address the homelessness problem, provide treatment centers and shelter, and combat such cases.

Sun-Hwa Hur

The Problem of my dizziness and insomnia

Many Seniors experience poor appetite, dizziness and insomnia. These are a problem because they increase the risk of falling and can cause other symptoms.

The problem of my dizziness and insomnia could be helped by exercising three times a week and taking special medicine. Sometimes I listen to the news when I can't sleep. Also, if I wake up early in the morning, I can't open my eyes, I have a headache and it is difficult for me to concentrate. I drink coffee only in the morning. I concentrate on walking carefully and I use a cane. However, there are additional steps I can take to improve.

I can exercise three times a week and I can eat nutritious foods. Also, I can take special medicine which can sometimes help me. Exercise helps promote better quality sleep. It also prevents headaches. Exercise improves strength, which helps with balance and walking. Better nutrition improves sleep.

Now, I accept that my symptoms won't go away. Even so, I can improve my daily life by walking, eating well and sometimes taking special medicine. I can also enjoy beautiful flowers in my neighbor's garden.

Mutia Handaling

“Walking is enough for old people” is one of the biggest misconceptions many people believe, which often leads to a faster decline in muscle strength and overall physical health. In reality, older adults need not only walking but also strength and balance exercises to prevent muscle loss and maintain mobility. With proper physical activity and healthy lifestyle habits, physical weakness in old age can be reduced and even prevented in several ways.

Physical weakness in old age is a common and serious health problem. One major cause of physical weakness in older adults is called *sarcopenia*. It's a gradual loss of muscle mass and strength. After the age of 30, people begin to lose muscle mass slowly, but the loss becomes more noticeable after 60. Reduced muscle strength makes everyday activities such as walking, climbing stairs, or lifting objects more difficult. Studies show that in the United States, about 5% of adults aged 60 and over have weak muscle strength. Sarcopenia affects about 5%-50% of older adults, depending on age and diagnostic criteria. People with sarcopenia have a higher risk of fractures and disability compared to those without it. However, physical weakness in old age is unavoidable, it can be reduced through regular strength and resistance training.

Strength and resistance training are really important to support muscle strength and muscle mass because it can slow down, stop and even reverse some of the muscle loss. It helps improve balance and reduce the risk of falls, which are a major health risk for seniors. Additionally, these exercises improve strength and physical performance, making everyday tasks easier and also support bone health, which can reduce the risk of osteoporosis and fractures. Health guidelines recommend older adults to do muscle-strengthening activities at least two times per week, focusing on all major muscle groups such as arms, legs, back and core. Older adults should leave at least one rest day between strength training sessions so the muscles can recover and become stronger. In addition to exercise, proper nutrition and a balanced diet also plays a crucial role in preventing physical weakness.

Another effective solution to reduce physical weakness in old age is consuming sufficient protein and essential nutrients. As people age, their bodies become less efficient at processing protein, which increases the risk of muscle loss. Experts suggest that older adults may need 1.0-1.2 grams of protein per kilogram of body weight per day to help stimulate muscle protein synthesis and support muscle repair. Good sources of protein include lean meat, fish, eggs, dairy products, beans and nuts. Other important nutrients include vitamin D, calcium, iron, B vitamins and proper hydration is also important because dehydration can increase fatigue and reduce physical performance. All these nutrients will help preserve muscle mass, support strength and energy levels, reduce risk of frailty, improve immune function and also it will enhance overall quality of life.

To summarize, physical weakness can be reduced and prevented by doing strength and resistance training and also consuming sufficient protein with addition of essential nutrients. While physical weakness is common in old age, older adults can minimize its effects with the right lifestyle choices.

Heather Huo

Seattle is a very beautiful city. I've been living in Seattle for five or six years. I really love its pleasant climate year-round, rarely congested public transportation, and the excellent medical services. However, I always feel uncomfortable and confused when I frequently see groups of homeless people on the streets. For years, I've asked myself: why are there so many homeless people here? Instead, I've rarely seen them in other countries I've visited. Almost all of them are legal U.S. citizens, so why are they ending up on the streets without homes? They are neither old nor frail, so why don't they do what they can to support themselves and their families? In addition, the U.S. government is so powerful (it's a leading country in the world), why can't it solve this long-standing problem that affects the image of the nation? In short, I want to know the reasons behind homelessness and what solutions can solve it.

I found some problems after extensive investigation. The U.S. has a large wealth gap, high housing prices, and high taxes. It is easy for people to lose their credit and become homeless once they go bankrupt, lose their jobs, or have no source of income. The government assistance is very limited. Assistance lacks both follow-up and enforcement management measures. American society respects freedom and considers it is paramount. Even after government assistance, the positive effects of aid are limited. American consumption habits play a huge factor. People don't have a habit of saving money, prefer credit consumption, overspending, and being lazy. In contrast, Chinese people learn from a young age that "no work, no food". Also they work hard until retirement, saving money and accumulating wealth. The common belief is that only with savings can one have peace of mind. Finally, there's alcohol dependence and drug abuse. Americans, who make up less than 5% of the world's population, consume 80% of the world's opioid painkillers annually. Black people and the poor are more prone to mental health problems, which contributes to the homeless population. Based on the above problems, I propose the following solution.

There are several ways to address the homeless problem: First, the government should provide guidance and adjust housing prices and taxes on a case-by-case basis. (not by robbing the rich to help the poor). The government has a responsibility and obligation to ensure that those on the verge of despair have a place to live. Next, government aid to vulnerable groups is needed. I've heard there are monthly subsidies. But, these subsidies should be conditional. We cannot foster a bad habit of expecting something for nothing. Aid can save lives, but its purpose is to encourage people to rebuild their lives and contribute back to their families and society. It shouldn't lead people to believe that money can fall from the sky. This can cause them to buy drugs as soon as they receive money, become despondent, spiritually empty, and have a drug addiction. Society should encourage healthy consumption habits from a young age. Credit consumption is acceptable, provided it's done responsibly and to learn how to accumulate wealth positively. Frequent overspending is a bad habit. Lastly, governments and media should promote positive values by encouraging people to love labor, serve in the military, and engage in charity..... Encouraging hard work to achieve wealth should foster a positive and fulfilling spirit. Simultaneously, measures should be taken to limit the harm caused to the poor by drugs and other psychotropic substances. In short, social freedom and equality mean that the rich can be very rich, but the poor should also have basic necessities for survival and hope for a comeback.

In conclusion, I know the homelessness problem is not a simple one, but I believe the U.S. government can solve it, just like how Belo Horizonte in Brazil ended hunger. The US government can also leverage collective wisdom by bringing together representatives from various sectors, such as police, healthcare, taxation, public transportation, education, shelters, charities, and the media. To develop effective and comprehensive solutions in various aspects. The goal is to reduce the number of homeless people. I hope that day comes soon, making a powerful America and a beautiful Seattle even more perfect!

Ocean pollution.

The problem of ocean pollution in the world could be helped by taking measures to clean it up and preventing further contamination. Marine life dying from ocean pollution.

The world's oceans cover 70% of the Earth. Water is one of the resources on Earth and the basis of all life. Also fish and seafood are valuable food for people because the ocean has rich flora and fauna. Therefore the importance of the World Ocean cannot be overestimated. The world's oceans influence the climate of the entire earth. For example, it accumulates heat and warms the atmosphere, so it makes the annual course of temperatures smoother.

Because of their economic activities people have heavily polluted the sea waters. Accidents on oil tankers are a very dangerous space. Also, about 8 million tons of plastic waste end up in the ocean every year.

One of the solutions to reduce ocean pollution is to create biodegradable plastic. Another solution is to intercept waste in rivers before they flow into the ocean. You need to take on 1000 most polluted rivers. They contribute 80% of plastic to the ocean. Also floating garbage containers were created that collect floating waste and oil. And finally, an international oceanographic commission created under UNESCO deals with problems of ocean pollution together with all countries. Her responsibilities also include ensuring the safety of water purity.

The World Ocean influences the lives of life on our planet, therefore an effective solution to the problem of ocean pollution is a guarantee of a healthy human life in the future. Therefore, people all over our planet must join forces to further effectively use the World Ocean and keep its waters clean. It is necessary to carry out educational work among people everywhere about the problem of ocean pollution.

In conclusion, for the further prosperity of planet Earth humanity needs a clean ocean in the future.

My opinion is that by combining all efforts people will achieve cleanliness of the ocean.

Nadia Matveeva

PROBLEM-SOLUTION PRESERVATION OF NATIVE LANGUAGE

America is a multinational state. According to the 2020 census there are 60% citizens of European descent, 18,7% of Latin American descent, and 5,9% of Asian descent living in the United States. The main languages in America are English and Spanish. Many migrant families want to preserve their native language. The problem of preserving one's native language is especially important and difficult for children born in America.

The problem is how to preserve one's native language. Unfortunately, the children of immigrants who were born in the States do not know their native language or do not know it well enough. The knowledge of the native language ensures first the connection between generations, second improves the memory. Knowing two languages also makes learning other foreign languages easier, moreover allowing you to read books and watch movies in the original language without translation. The problem of preserving the native language exists in my family too.

For example, my oldest grandson spoke only Russian before starting elementary school. At the age of four I taught him to read in Russian. He studied Russian for several years. Now he can speak Russian well. He is able to communicate in Russian with his parents. My oldest granddaughter also spoke only Russian before starting school. I taught her to read in my native language when she was about 4-5 years old. However, now she speaks Russian only with her grandparents, she speaks in English with her parents and her siblings. My youngest granddaughter is 6 years old. She has been attending an English speaking daycare since she was 3 years old. She speaks Russian with her grandmothers, sometimes parents, but prefers English. She doesn't know the Russian alphabet, can't read in Russian, and doesn't really want to learn the language.

TO SOLVE my problem, above all we speak Russian in our family. I read also books to my granddaughter in Russian, show his cartoons in Russian. speak Russian, speak and support the traditions of your country.

People should know their past, remember their ancestors.