

This bachelor work deals with addiction and the possibilities of its prevention (the possibilities of preventing its origination). In the introductory chapter, the terms habit and addiction are defined, addiction characteristics are listed, and the types of addiction are specified according to its possible appearance with children and teenagers. The next chapter presents the biological, sociological and psychological addiction-start hypotheses. Then the reasons of abuse of addictive substances by children and teenagers are given, as well as some special kinds of pathological behaviour. Prevention of addiction, especially in school and family environment, is elaborated on in the following chapter which covers also the organization of primary prevention in the Czech Republic, the prevention programmes bias and the responsibilities of prevention methodologists in schools. At the family level, important prevention rules are presented. The final sections are focused on the ways leading to acquiring sound confidence, mental resistance and responsibility for one's own health.