

## Abstract

The bachelor's thesis describes teenagers' lifestyle. The theoretical part provides basic default information which is needed for introduction to the issues which the epidemiological study deals with in the practical part of the thesis. At the beginning of the thesis, there are described maturing period, characteristics of the lifestyle and selected teenage subcultures, the relation between lifestyle and health, and the impact of an inappropriate lifestyle. The study group for the epidemiological study consisted of students from 7th to 9th classes of Primary and secondary school Krestova in Ostrava and Primary and secondary school Koberice. The lifestyle and syndrome of dangerous behaviour as a negative impact on health were monitored by means of questionnaires consisting of 53 questions. The interpretation of the results aims to describe the lifestyle of current teenagers, using addictive substances, bullying and cyberbullying issues.

Key words: teenagers, lifestyle, leisure time, risk behaviour, new technology