

## **ABSTRACT**

This thesis deals with the issues of alcohol and tobacco use, their effects on the organism and the associated health risks. The aim of the work, based on information gathered from empirical research, is to map the level of knowledge among secondary school students about the risks of using alcohol and tobacco products and their effects on health. The theoretical basis of this thesis is based on the available professional literature devoted to this topic, at the same time it relies on empirical experience gained from the practice. As part of the empirical part, the thesis involves a questionnaire survey involving volunteers from the pupils of the Secondary Vocational School of Catering in Říčany. By summarising the results of the research investigation, it can be said that general knowledge and information about both alcohol and tobacco products and their effects on health is available to users. Surprisingly, across ages or social groups, smoking is generally tolerated by society as opposed to drinking alcohol. The explanation lies in the fact that smoking does not affect the user's judgement. It can therefore be said that smoking is considered a normal part of everyday life by the respondents asked. In contrast, they are more likely to use alcohol under the influence of a social group and to fit in with peers. Also, the most common reason for using alcohol is primarily curiosity. Respondents see the absence of substance abuse as the most effective prevention. They seek help for addiction from experts and on anonymous flights.

## **KEYWORDS**

alcohol, treatment, prevention, tobacco products, addiction, health risks