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## Healthy adolescence in the context of leisure time

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# Stellingen

## Healthy adolescence in the context of leisure time: The role of organized and unstructured leisure-time activities

Petr Baďura  
19 September 2018

1. Promotion of participation in organized leisure-time activities might be a means to improve adolescents' health thanks to a range of favourable health- and school-related outcomes of such participation.  
*-this thesis-*
2. Non-participation in organized leisure-time activities can be considered as a health-risk indicator in adolescence.  
*-this thesis-*
3. Limiting adolescents' involvement in unstructured peer-oriented activities could decrease rates of engagement in risk behaviours.  
*-this thesis-*
4. In the life period of adolescence characterised by gaining independence from parents, these parents still play a role in adolescents' leisure time use.  
*-this thesis-*
5. Having more developmental assets may be the reason why some adolescents are involved in more types of organized activities concurrently and do better at school than other adolescents.  
*-this thesis-*
6. The context of organized leisure-time activities is suitable for aligning individual strengths with contextual assets, thus allowing young people to thrive.  
*-Lerner 2005-*
7. A problem-free adolescence does not mean being fully prepared for adulthood.  
*-adapted from Pittman 1991-*
8. Politicians, researchers and parents should not direct their focus on the few children and youth who are over-scheduled, but rather on those who do not participate at all.  
*-adapted from Mahoney et al. 2008-*
9. What we do during our working hours determines what we have; what we do in our leisure hours determines what we are.  
*-George Eastman 1925-*
10. Research is to see what everybody else has seen and to think what nobody else has thought.  
*-Albert Szent-Györgyi 1978-*