The aim of the study is to describe the health behavior of adolescents in a high school. A descriptive study was conducted on health behaviors of adolescents at Mahidol Withayanusorn school, Thailand. Data were collected from 200 high school students between 15th February and 30th March, 2002.

The results showed that among the adolescents, 9.5% had smoked cigarettes; though the daily smoker was only 3%. The rate of respondents who drank alcohol were 37.5%. The rate of drug usage was 0.5%. Substance abuse increase with the age of adolescents. Adolescents who lived with step-parents had a higher rate of substance abuse. The respondents who had low self-esteem had a high rate of substance abuse. Common leisure time activities of adolescents were watching TV (50.5% regularly), listening to radio (77% regularly), reading newspaper and magazines (66% regularly), reading stories and books (89% regularly). The daily foods of adolescents were rice (99.5%), meat (95%), milk (85.5%) and fruits (77.5%). The rate of respondents always wearing seatbelt when traveling by cars was 39.5%, wearing helmet was 10.6% and who never ride when or with people under the influence of alcohol was 82%. The mother was the person they found it most easy to talk to about their problems, next were their friends of the same sex followed by the father. Most adolescents had three or more close friends (80%). The rate of adolescents ever had sexual intercourses was 7.5%. Among the adolescents who ever had sexual intercourse, only 40% used condoms and 13.3% used the pill.

The picture of adolescent health behaviors generated by this study can be used as a reference when formulating and implementing programs for adolescent health.