

Adolescents – defined by the United Nations as the developmental period that serves as the bridge between childhood and adulthood number 1.2 billion in the world today, making up 16 per cent of the world's population. As children up to the age of 18, most adolescents are protected under the Convention on the Rights of the Child. Internet users, where 34.800.000 (40%) users or more (Adiele and Olatokun, 2014), Accordingly, Egypt had the most significant growth in internet users and social media in 2017. Internet user penetration in Egypt reached 48% in 2017 with an estimated number of 45 million. This share is projected to grow to 50.8% in 2018. Egypt rate is getting closer to the global Internet penetration rate which is estimated at 49.2%. Mobile subscribers have reached 110.06 million in September 2017. The telecommunication market in Egypt had two major events this year including the launch of 4G and “We” which is the 4th mobile operator. Moreover, IA can lead to some physical adverse effect; as dry eyes, migraine or headache, less sleep, and backaches because of prolong hours of Internet usage. Sleep patterns are disrupted due to late night logins which resulted to excessive fatigue, impairing academic and may decrease the immune system. Based on these statistics, we find that there is a great danger that threatens students and society as whole resulting in the emergence of many health problems. This may require considerable continuity effort from scientific research and researcher. (orient panet research 2015–2016). . Life Style (LS) that became a core issue of adolescent care. Considering the increase in sedentary behavior levels and the association of this with physical inactivity in young people, as well as the related problems, Healthy lifestyle patterns that include health-enhancing behaviors can be also traced back to childhood and adolescence. Therefore, helping adolescents establish healthy lifestyles and avoid developing health risk behaviors is crucial and should be started before these behaviors are firmly established. (9, 10) misunderstood in knowledge about healthy and risky behaviors for adolescent population hinder successful health promotion strategies. So, healthy lifestyle it seems important to Assessment and Understanding the effect of LS education is important for day-to-day clinical management and also for public health policy initiatives aiming at improving health outcomes so, because of the importance of adolescents and youths' health whose empowerment for self-care is one of the considered goals in The Ministry of Health, Medical and nursing education this study aiming at evaluate self-care education on secondary school students' healthy lifestyle