

Influences of Media on Teens

Media formats include written (newspapers, magazines, books, blogs, twitter) and visual (youtube, movies, TV, instagram) and audio (music, radio). Each plays an important part in shaping teen's ideas and beliefs and continuous exposure has proven to impact their social, physical, and mental development.

Positive Effects of Media on Teens to Consider

Entertainment and Self Expression	Gives a space to interact with others and can boost self-expression confidence
Helps develop social skills	Provides a place to develop social skills to be effective communicators.
Develops social and political sense	Can form an interest in social and human development issues and desire to help
Brings awareness of health information	Informs on various health issues, like depression, obesity, and bullying and their possible solutions
Aids in developing an identify	Those with good-quality content can help develop your own identity

Negative Effects of Media on Teens to Consider

Can lead to health & development issues	Extended screen time has numerous negative impacts, physically & mentally
Can lead to unrealistic body image	Has a large effect on how we interpret beauty & negatively affects self esteem
Can instill erroneous beliefs	Can promote hateful or biased attitudes through fake news & single-side opinions.
May develop violent behavior	Studies show link to violent behavior in those watching/playing violent TV/games.
May cause media addiction	Research show over use of social media activate the brain's level of reward system chemicals linked to addictions

How to be a smart consumer of the media you view and hear:

1. Be open-minded, yet use your reasoning skills and verify truth to stories
2. Recognize who is the source of the story (research team, journalist, an opinion writing, etc) and try to see what is fact and what is opinion.
3. Watch out for viral videos or photos that may have been altered.
4. Find out the other side of the story – there are always 2 sides to every story.
5. Limit the time you read/watch/listen to media sources.
6. If something bothers or confuses you, ask your parent to help you understand it.

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| <ul style="list-style-type: none"> • https://www.momjunction.com/articles/positive-and-negative-influences-of-media-on-teenagers_00107975/ • https://www.common sense media.org/blog/news-literacy-101 |
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