

## Violence

The media teaches kids that violence is acceptable. In video games, the way to beat an opponent is to punch, kick or knock him out. In some video games, you might even kill your opponent. In movies, the good guy wins when he violently defeats his enemy. A study showed that 4-year-olds have a greater chance of being bullies when they are older if they watch a lot of violent TV. Seeing violent behavior on TV or through other forms of media can also make teens act more



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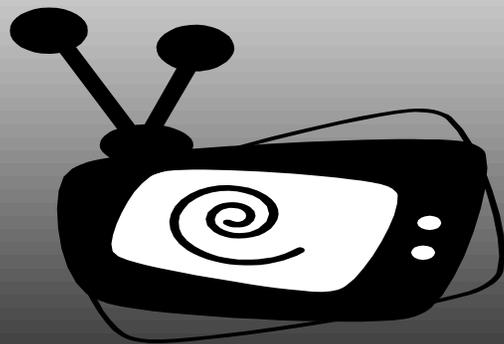
# Media Influence on Teenagers



People all over the world use the media everyday. Whether it's using a computer, watching TV, reading a newspaper, talking on the phone or listening to the radio, media is a way to communicate. Through the media, you can find out about important news, listen to your favorite music or watch your favorite TV show. But there are also negative sides of the media that can be especially harmful to teens.

## Obesity

Did you know that if you watch more than two hours of TV each day, you have a higher chance of being obese when you grow up? If you are sitting in front of the TV or computer, you are probably not exercising. Getting enough exercise is key to staying healthy and preventing obesity. In general, people also tend to eat more when watching TV than sitting at the dinner table because the TV distracts them. People may be full but not realize it, or they might unconsciously eat more when they see a commercial for something that looks appetizing.



## Teens and the Media

According to Common Sense Media, teens who watch a lot of TV have smaller vocabularies and lower test scores in school. Also, these teens do not read as well as kids who watch less TV.

Third-graders who had TVs in their bedrooms did worse on their schoolwork than their peers who did not have TVs in their bedroom.

## Advertising and Commercials

Even though it is mostly adults who spend the money, commercials are often aimed at kids. If the advertising for a product is successful, kids will ask their parents to buy the product.

## Stereotypes

Unfortunately, most of the media you are exposed to do not show people in a realistic way. Characters on TV are often shown with unrealistic "perfect" bodies. Women are shown as too thin and men are shown with larger-than-life muscles. Photographs

in magazines or billboards are edited on the computer to erase flaws and imperfections.

Even if you know that what you see is not normal or not real, it can still impact you.

Many teens want to be like the characters they see on TV. Also, some forms of media do not show the real diversity of the world. According to Common Sense Media, 74 percent of the characters on TV are Caucasian, and 64 percent of video game characters are males.

