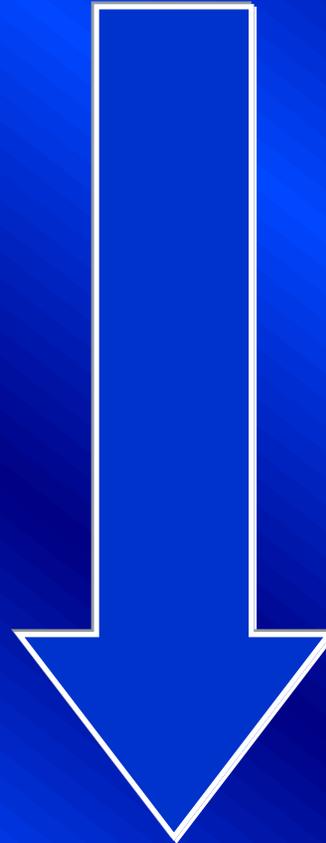


Media Influence

Media is inseparable part of most teenager's life and can have a big effect on teenagers. Media (the means of communication or entertainment) is the most common way to communicate in the world. Especially through technological media like television, mobile, internet etc. The media can have both positive and negative Influence on people especially teenagers.

**For more information,
please call us, or visit
our website.**

Media Influence on Teenagers



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Media

Influence

Information

People all over the world use the media every day. 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 like you.

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.

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.

