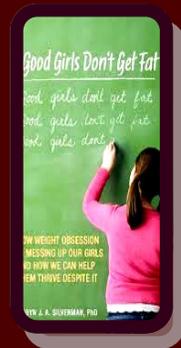


Media influence on teenagers

Listed below are some of the ways that certain types of media can negatively affect a teenager's life.

- 1.School
- 2.Obesity
- 3.Commercials
- 4.Violence
- 5.Stereotypes
- 6.Eating disorders

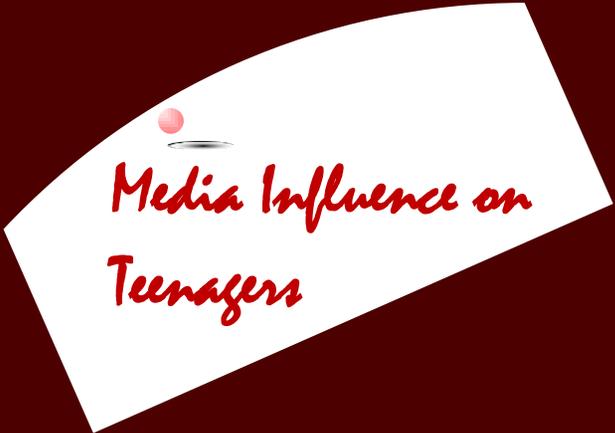


Tips on using media safely

- > Separate media from meals. Do not eat in front of the TV. Turn the TV off and focus on the people around you.
- > Do not watch TV while doing homework.
- > Set aside a part of your day for non-educational media, such as TV, and keep the rest of your day separate. Do not go over your limit. Common Sense Media suggests that you do not spend more than one or two hours in front of a screen — TV, computer and movies — each day.
- > Limit media in your room. Keep TVs and computers in common spaces, such as the family room or den.
- > Make sure visitors are aware of your family's media rules. For example, the babysitter should know when you and your siblings can use media.
- > Once your media limit is up, find an activity that exercises your brain or body. **Spend one minute doing something mentally or physically active for each minute you are exposed to the media.**
- > When you see an advertisement, think about whom it is targeting, whether it is realistic, and what makes it appealing.

Media influence on teens info

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Media Influence on Teenagers

SCHOOL

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

Another study shows that the people with the highest degrees watched less TV as kids and teenagers. A third study shows that different forms of media affect shows that different forms of media affect schoolwork differently.

EATING DISORDERS

To argue that media images of the thin body ideal influence young people's eating behaviors and attitudes toward their body. The growing prevalence of eating disorders in the United States and other industrialized societies, coupled with the prevalence of conspicuously thin models and actors featured in the media, have become cause for alarm among those concerned with how children, adolescents, and young adults use social information to build a healthy self-image and develop healthy eating habits.

OBESITY & COMMERCIALS

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.

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 violently.

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.

