

TEENS AND MEDIA

People all over the world use 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.



MEDIA INFLUENCE ON TEENAGERS



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TEEN VIOLENCE AND DRUGS

The Mediascope National Television Violence Study found that teenagers are:

- learning aggressive attitudes and behaviors
- becoming desensitized to real world violence
- developing a fear of being victimized by violence

Many of the programs that teenagers watch send the message that a conflict always involves a winner and a loser. On television, perpetrators go unpunished 73% of the time. This gives the message that violence is a successful method of resolving conflicts.

Researchers study how drugs, alcohol and tobacco are portrayed on television, in movies, in songs and in other forms of media. According to some studies, media containing scenes or conversations about these substances can affect drinking, smoking and illicit drug among teenagers. Some organizations are trying to reduce or eliminate the appearance of these substances in the media.



BODY IMAGE AND BEAUTY

Images of female bodies are everywhere.

Women's magazines are full of articles urging that if they can just lose those last twenty pounds, they'll have it all. On the one hand, women who are insecure about their bodies are more likely to buy beauty products, new clothes, and diet aids. Some of these females suffer anorexia nervosa, it is one of the most publicized eating disorders, the condition is marked by diminished body weight, an extreme fear of gaining weight, irregular menstrual cycles in women, and a markedly distorted body image, this can even cause death.



OVEREATING AND OBESITY

There are several teenage obesity causes.

The main reasons for teenage obesity are – overeating, less activity or inactivity and excess TV viewing. If a teen eats and drinks more than the body needs, the excess energy stores in the form of body fat. And, adding to this if the teen is not doing enough regular exercise, it worsens the problem. Many television studies have shown that teens, who have a television in their bedrooms, have the tendency to watch it more which leads to inactivity, the main culprit of teenage obesity.

