

## CYBER BULLYING

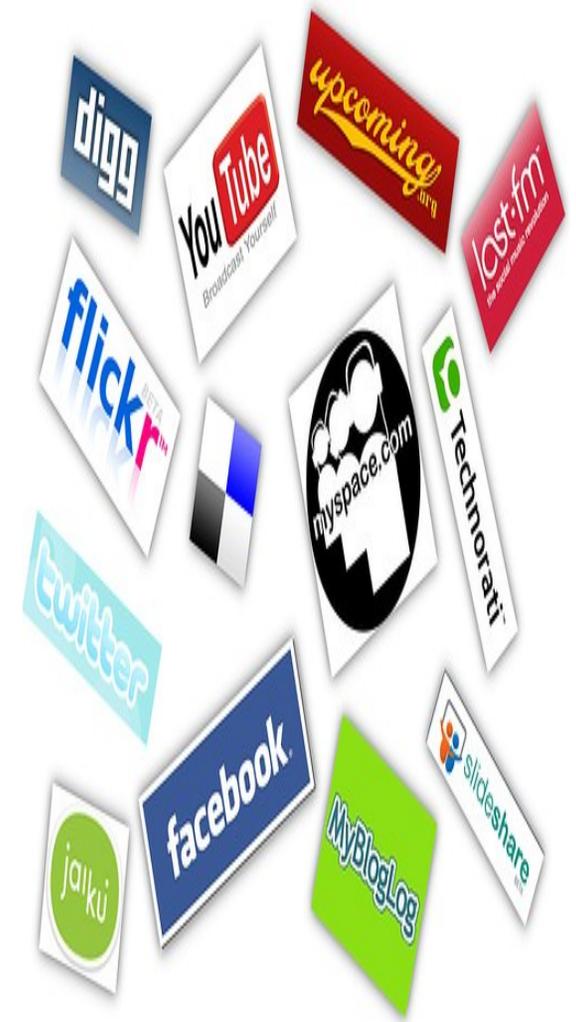
Cyber bullying is one of the effects from media for teenagers. This brochure will tell you more about other effects of media influence on teenagers.



713-345-6748

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## MEDIA INFLUENCE ON TEENAGERS



# MEDIA

## School

According to Common Sense Media, teens 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 schoolwork differently

## 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 oppo-

nent. In movies, the good guy wins when he violently defeats his enemy.

A study showed that 13-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.

## Sex

Teens that see and hear a lot about sex in the media may be more than twice as likely to have early sexual intercourse as those who are rarely exposed to sexual content.

A new study shows that 12- to 14-year-olds exposed to the most sexual content in movies, music, magazines, and on television were 2.2 times more likely to have had sexual intercourse when re-interviewed two years later than their peers who had a lighter sexual media diet.

## 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 the key to staying healthy.

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.

