

Teens and the Media

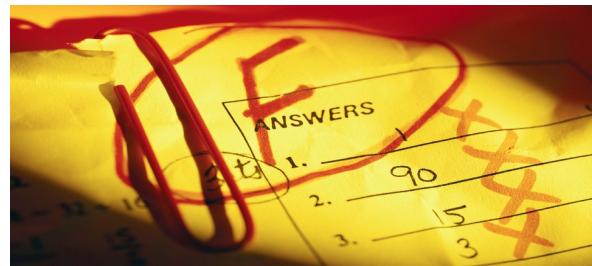
People all over the world use media every day, whether it's using the computer, watching TV, talking on the phone, or listening to the radio.

Through media, you can listen to your favorite music, or watch your favorite TV show. But there are also negative sides of the media that can be harmful to teenagers.



School

According to Common Sense Media, kids who watch a lot of TV have smaller vocabulary words and lower test scores in school. 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 and preventing obesity.



Contact Us Now!

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**MEDIA INFLUENCE
ON TEENAGERS**

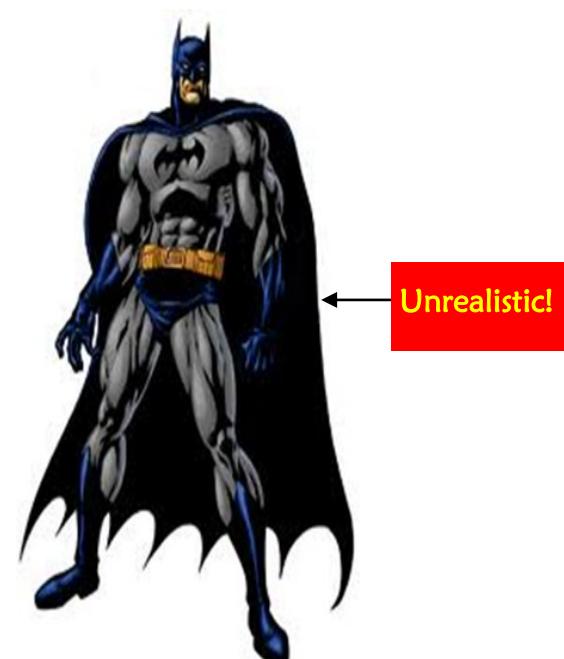
Obesity

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.



Stereotypes

Unfortunately, media does not show people in a realistic way. Characters on TV are often shown with unrealistic perfect bodies. 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.



Advertising and Commercials

Advertisements are everywhere: TV commercials, pop-up ads on the computer, magazines and billboards, and they have a huge impact on what people buy. 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 they see advertised on their own.

