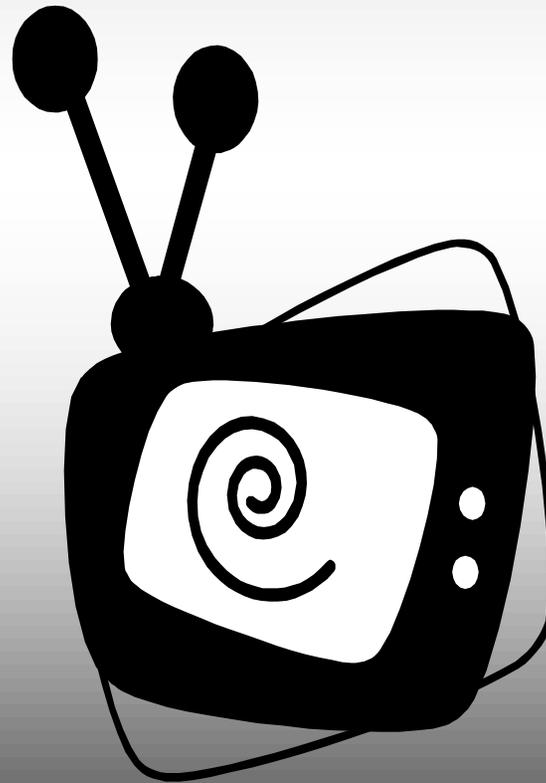
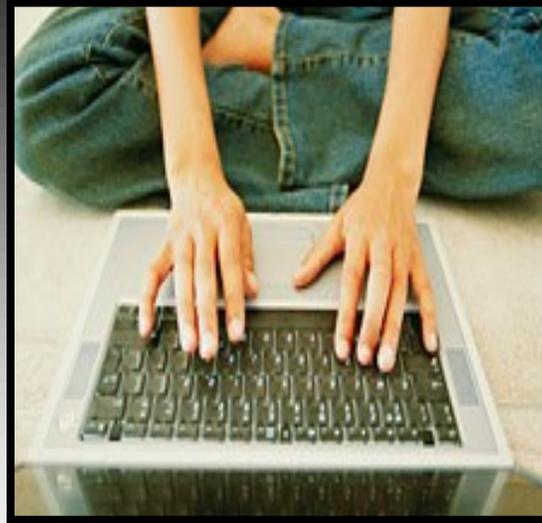


## ***Information***

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** .



**555-555-5555**

# **Media Influence On Teenagers**



# 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 According to Common Sense Media, 74 percent of the characters on TV are Caucasian, and 64 percent of video game characters are males.



Media Influence on teens is harmful to some teens because of what they want to do when they grow up .some see someone on the TV and say “I want to grow up and be like him\her...”

This can also impact their future. Some try so hard to be just like their role model that they lose control. so sometimes we have to be careful on who we chose to be our role model.

Some of these things can make someone lose everything they have. This can also be a big tragedy because they can make some people give up on their dreams to become like an astronaut or a police, and end up somewhere he\she don't want to be...

Of all the media distribution channels, the most influential has been the television. We are constantly exposed to thousands of images of violence, advertising, celebrities and much more, in fact it's known that a child is exposed to about 40,000 ads a year.

# Self-esteem

The media influences teens' self-esteem and self-worth when it constantly bombards them with what society now considers ideal, and a distorted perception of what's "perfect." To stop the negative influence that the media has on teenagers, it's a good idea to limit exposure of body-image damaging programs, magazines and it's good to encourage a healthy body image. Encouraging fitness and a healthy body and mind over looks and beauty is important, and keep aware of your teen's body image and self-esteem issues. If your teenager seems to be overly concerned with his/her looks, weight, etc.

