



not all young people use media in the same way.

The evolving world of technology is negatively influencing kids and adolescents lives; it is affecting their emotions, creativity, and learning experiences. It is a double-edged sword for adolescents.

average of 7 hours and 50 min of media use for those ages 8-10  
 12 hours for those aged 11-14,  
 approximately 11 hours for 15-18 year-olds.

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 young people ages 8 to 18 spent more than seven-and-a-half hours a day engaged in non-school-related technology.  
 it affects their mental health  
 lack of social skills  
 lack of privacy  
 it becomes an addiction

Positive Effects:  
 technology helps improve children's skills  
 using the internet has proven to improve students' reading ability and reading test scores  
 encourages freedom of self-expression.  
 children can learn new things

Based on my research gathering and the Kaiser Foundation study collected data, in the 1999 study kids were found to have spent an average of 6 hours 19 minutes a day with digital media, which the 2010 study showed the amount of time to have increased to 7 hours 38 minutes a day. Kids between the ages of 11 and 14 spent the most time exposed to digital media, 11 hours 53 minutes a day. The youngest kids in this study, those between the ages of 8 and 10, spent an average of 7 hours 51 minutes a day using technology. Teenagers between the ages of 15 and 18 had 11 hours 23 minutes of total media exposure a day. In conclusion, young kids ages 11 to 14, spend the most time on digital then any other age group between ages 1 and 18 years old.

In what ways is the advance of technology affecting young people? is it good or bad?

The American Academy of Pediatrics is

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