

# Kids and Adolescents are Being Affected by Technology

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## Introduction

The evolving world of technology is negatively influencing kids and adolescents lives; it is affecting their emotions, creativity, and learning experiences. But also, its affecting their health, behavior, and safety. Technology not only erodes character but it also separates us from nature. This has resulted in a trend of decline of physical activity.

Despite the significant amount of time children and adolescents spend on media, not all young people use media in the same way.

## Research Question

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

## Results

- 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.

## Negative Effects:

- 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:

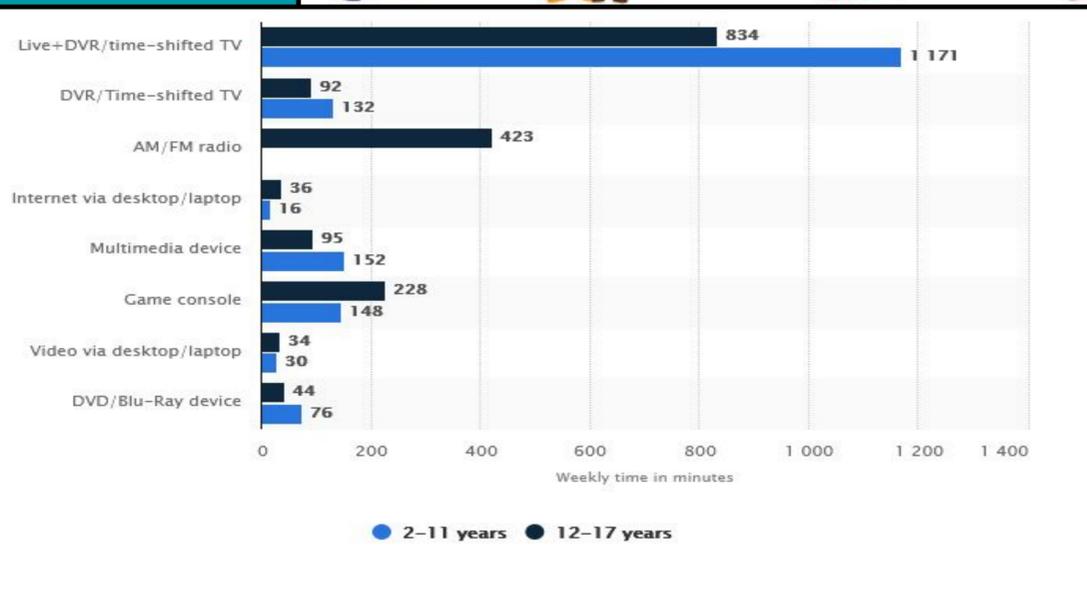
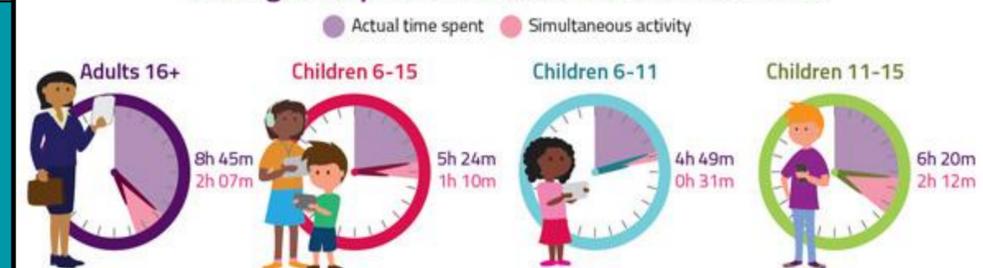
- technology helps improve children's skills
- using the internet has proven to improve students reading ability and reading test scores
- encourages freedom of self-expression.
- children can learn new things



## Conclusions

- 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.

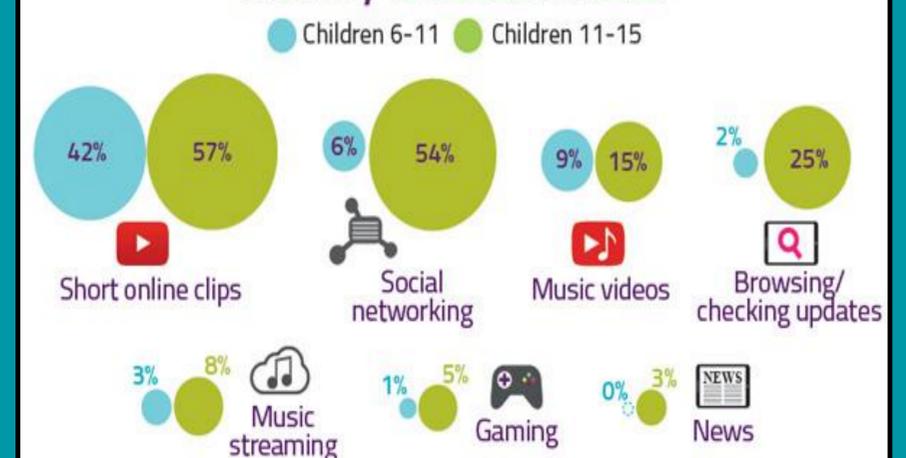
## Average daily media and communications time



## Solutions

- The American Academy of Pediatrics is perhaps the most influential organization to recommend that kids between ages three and 18 use screens for a maximum of two hours daily; and kids younger than three should avoid screens altogether, the academy says.

## Activity on social media



## Literature cited

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- <https://qz.com/1103166/american-kids-daily-mobile-screen-time-is-almost-10-times-higher-than-it-was-in-2011/>