

Technology and Teens

A review of technology's growing influence on the next generation.

Health/Science



• Mental Health:

- Technology can reduce loneliness but may cause **depression, anxiety**, and **low self-esteem** from **online harassment** and **unrealistic content**

• Sleep:

- Blue light** and **notifications** **disrupt sleep**, **harming** brain development, academic performance, and **overall health**

• Social Skills:

- Technology fosters connections but **limits face-to-face interactions**, weakening social skills

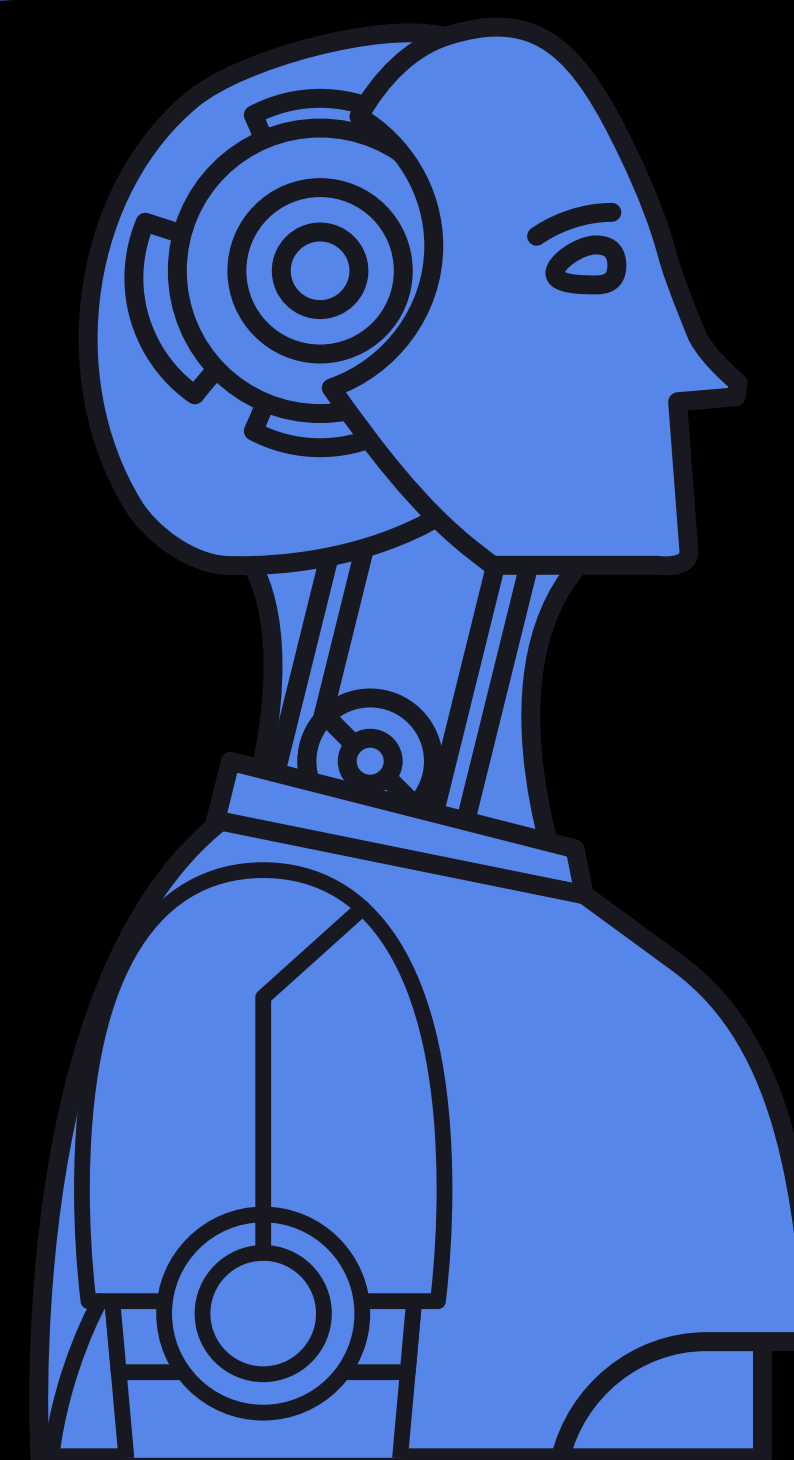
Futuristic

• Physical

- Obesity rates** have **risen** as screen time rises
- Interactive fitness apps can encourage physical activity

• Psychological

- Excessive screen time can **harm self-esteem** and academic performance
- technology use **affects** teen's social **development**



Overall Idea

- Technology significantly **influences teens' development**, affecting their **health, social interactions**, and **ethical awareness**.



Harboring Sexual Predators

- Teens can **encounter sexual predators** through social media, chat rooms, or online gaming platforms.



Ethical

Cyberbullying

- One in five kids** report experiencing cyberbullying, contributing to **rising mental health issues** among adolescents.

