

loud moms » loud life

GOOD MEDIA EFFECTS:

- » IQs are rising, according to the Education Testing Service.
- » Communication is increasing across cultures.
- » Media has helped foster public understanding of many crucial issues.

BAD MEDIA EFFECTS:

- » Attention spans are decreasing because of exposure to excessively stimulating and fast-paced media. A direct link between exposure to media stimulation and Attention Deficit Disorder (ADD) has surfaced from research.
- » Violence in media causes desensitization to violence. It may facilitate violent acts. Violence may be contagious by observational learning and social agreement.
- » Media-assisted crimes like identity theft and child pornography are taking new forms.
- » Average number of sleep hours per night decreases in inverse proportion to the average number of hours per day of Internet use.
- » Loss of Social Skills.

The most troublesome aspects of social media and excess use are loss of focus (from information overload), low self-worth (from distressing or inappropriate social posts) and narcissism.

A June 2013 study from the University of Michigan found that social media amplifies our culture's narcissism. According to lead author Elliot Panek, "the study shows that narcissistic college students and their adult counterparts use social media in different ways to boost their egos and control others' perceptions of them."

According to SociallyActive.com, parents don't take action to protect their kids from the bad effects of media for three reasons.

- » Parents are unaware of the issues involved in the online connections.
- » Parents don't want to interfere in their children's social lives.
- » Parents are afraid to take a stand.

So parents, as with anything, moderation is key. Know what your kids are doing on their computers and smart

phones. Get their passwords. Understand how the apps work and what they are posting and what they are looking for.

Shopping on the Internet for self-esteem is a bad idea. You need to get self-esteem from having strong relationships and achieving goals that are reasonable and age-appropriate.

Most importantly, be a good role model and put down your phone, have meaningful distraction-free conversation with your kids, make the time for face-to-face activities and leave the phones in a docking device in a central location in the home where the children don't have access to it after bedtime.

Parental participation and being a good role model are vital in this new world of social media.

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