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## Social Media and the Effect on Youth

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# Social Media and the Effect on Youth

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Omaha North High Magnet School 2015  
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## Abstract

Social Media and the way it effects adolescents is an important topic to have a better understanding of. In a fast growing frame of life where everything is a click or swipe away, we need to know what exactly we are dealing with in the virtual world, especially the worlds of social media sites. There have already been reforms in the typical dynamic of the average teen in the span of 10-15 years. Smart phones have also sped things up and attributed to how dependant teens are on being connected to the net and checking their profiles.

## Key Points

- Teens are putting off school work by spending time on twitter.
- Teens are getting less sleep due to late night tweeting and messaging.
- Certain frequencies emitted from cell phones are blocking out melatonin receptors that help us sleep.
- Teens are not making connections to people in the real world.
- The most common internet activity is social media, with checking E-Mails being a very close second.
- Youths between 12-17 are spending most of their time on either YouTube and Facebook.

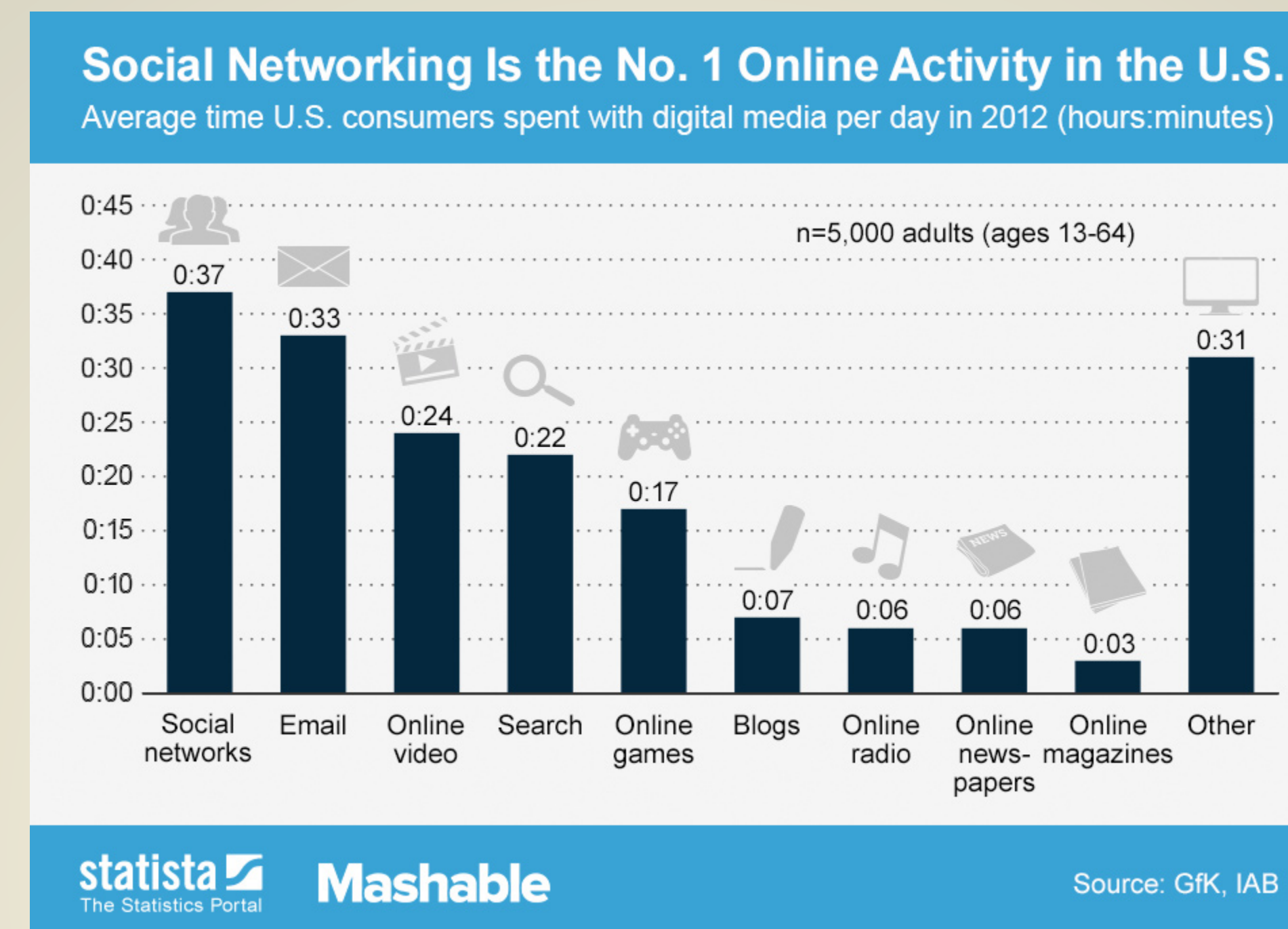
## Conclusion

Negative impacts of social media are starting to surface making procrastination easier and sleeping harder. These issues can only grow and increase the way that the internet does.

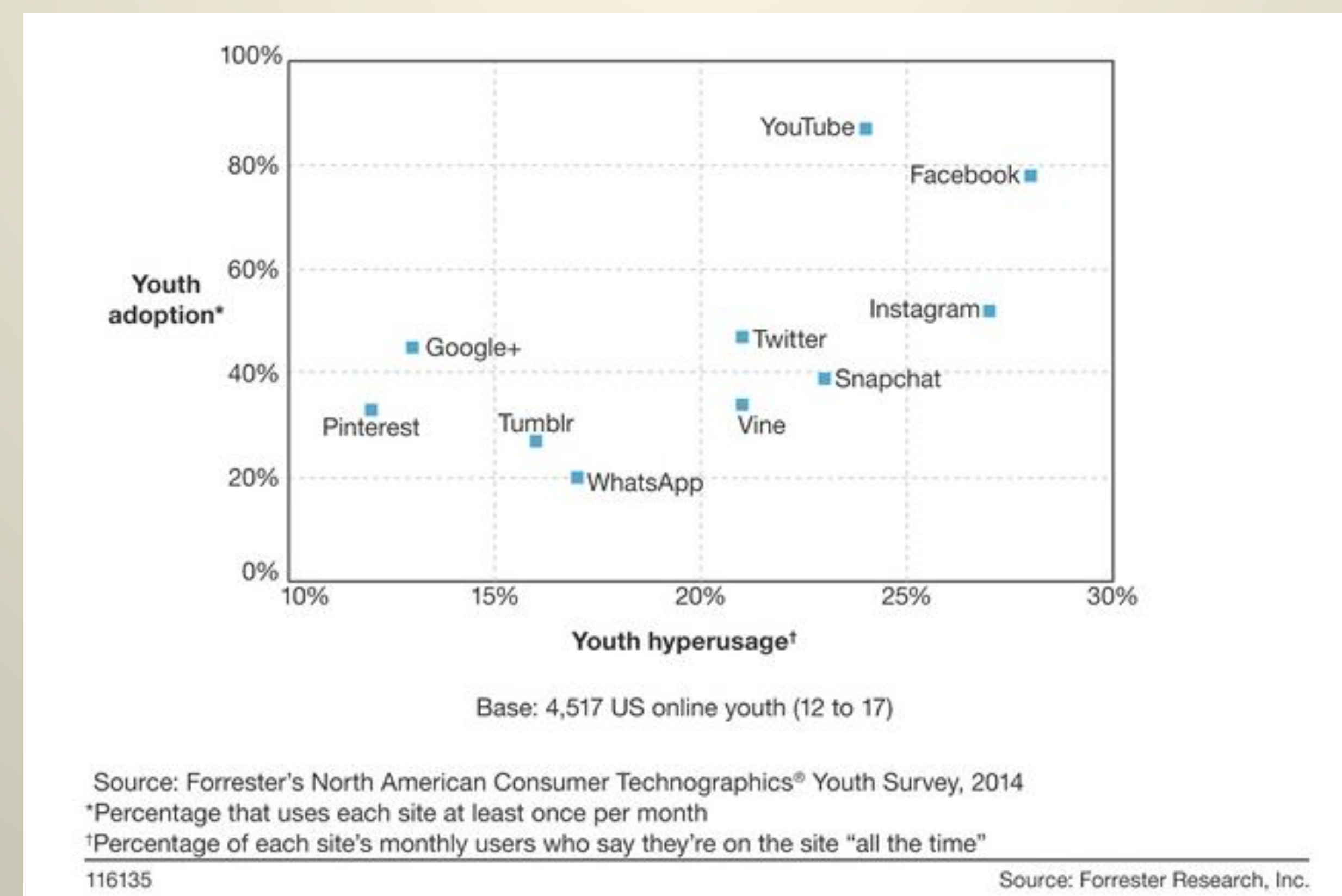
It's a great idea to monitor teens usage of media to understand what they are doing, where they are going, and how much time is really being spent on networks.

## Further Research

- Smart Phones are great devices, but they are distracting and take attention away from family gatherings as well as the school environment. I would like to research just how much smart phone usage effects communication and participation during such gatherings.
- Social media is a distraction but so are game apps. Games can be very addictive and they can cause you to waste multiple hours that could be used to work on projects and homework.



This chart illustrates how much time on average Americans spend with different online activities each day.



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