Digital media can affect adolescence in many different ways; they can be positive or negative, depending on how a person chooses to use it. Today I want to provide the people reading my blog with some facts and stats, as well as some opinions that relate to Grand Forks Secondary School.

To start off, I'll be making a pros and cons list—it will depict what good can come from digital media, and what gives more cause for concern.

Pros of Digital Media	Cons of Digital Media
➔ More accessible learning tools and materials. ➔ Anyone can research anything at any time, everything is at the tips of our fingers. ➔ Long distance communication is made instantaneous and simple. ➔ Easily obtainable knowledge about current events and news. ➔ We're more connected to the world around us. ➔ Getting positive feedback from phones such as likes, comments, or texts, cause the brain to release dopamine, the feel good hormone.	➔ The WHO/International Agency for Research on Cancer (IARC) has classified radiofrequency electromagnetic fields—which includes wireless devices, microwaves, and televisions— as "possibly carcinogenic to humans." ➔ The definition of carcinogenic is "having the potential to cause cancer" ➔ Directly linked to depression, anxiety, and low self-esteem in adolescence. ➔ Disrupts the normal sleep schedule and causes a person to have poorer night sleeps. ➔ Distracted driving from phones cause 9 deaths in automobile accidents every day, according to the National Highway Traffic Safety Administration. ➔ In 2015 nearly 400,000 people

	were injured in distracted driving incidents. ➜ It's highly possible to become addicted to cell phones. In a survey done by CivicScience, 76% of people aged 13-24 said that they felt they were addicted to their phones. ➜ After having used technology regularly and having positive feedback, the brain no longer gets as much of a dopamine release as it used to, causing a person to spend more time on their phones looking for the same feeling they experienced before. ➜ This results in longer phone usage, downloading more things or new thing, and texting a bunch of people at once not because you want to talk to someone in particular, but for validation.

I'd like to make a quick note that I hoped these were going to be a little bit more evenly balanced—primarily so that it would look more pleasing to the eye—however that's okay.

Previous to doing any research, the ratio of negative impacts to positive ones would seem to obviously have a longer positive side. Though, after doing some research, the list of negative factors outweighed the list of positive ones. I found this to be kind of peculiar. Why would many people think so highly of technology if there are so many problems that come along with them? Even Steve Jobs doesn't let his children have ipads, and severely limits their use of technology. Bill Gates does the same with his kids, and they weren't allowed to have cellphones until they were 14. So if anyone would know what the hazards and benefits of technology would be, it would be the founders of Apple and Microsoft.

Technology in the hands of different people can be used for millions of different things. Adults who have fully developed brains are less at risk for some of the things that can be
harmful to those with not

fully developed brains, adolescence. I won't argue that technology is definitely a part of our everyday lives. However the adolescent brain has a malleable plasticity. Phones are changing the way brains accomplish everyday functions. Dr. Iroise Dumontheil, at Birkbeck University stated that "We might be a bit less good at reading subtle expressions on faces that are moving, but we might be much quicker at monitoring what's going on in a whole group of our friends." This can be regarded as not necessarily a bad thing, just something to be aware of.

As the world evolves and develops, digital media will steadily become more and more prominent. When it comes to phones, it's important to understand the hazards and benefits, and know how to use them responsibly. Limiting time on them is crucial, along with spending time experiencing the world outside of technology. Technology can be a very valuable part of society if used properly.