

Digital technology from a teenage girl's perspective

By Luana Kensett



My life as a teenager in an online generation...



Pros for digital technology:

- Awareness of current issues
- Easier to study and work
- Opportunity to connect with friends & family
- Everyone can share their thoughts & opinions.



Cons of digital technology:

- Likes and followers can be seen by many as way of measuring self-worth
- Edited images on social media create an expectation of how young girls and boys are to look



Cons of digital technology:

- Celebrities alongside social media play a role in defining beauty
- Stalking has become a common issue
- Loss of family time



Is there a need for a digital detox?

Potentially, yes. Mental health issues such as anxiety & body dysmorphia are prevalent in teenagers today.



However...

Technology is a means to connect with other people and express ourselves. Our increasing reliance of technology is a sensitive topic to deal with.

Is this detox viable?

In my opinion, no. Not until further studies are carried out and teenagers can see that they are impacted in a negative way.



Cont'd.

However, gradual changes and further education could well achieve the desired outcome and result in less dependence on social media.

Benefits of parents setting boundaries on the use of devices:

- Improved self control & independence
- Stronger focus on interaction and physical activity

Challenges parents will face when setting boundaries:

- Anger, denial, isolation and frustration
- Teens will experience the fear of missing out (FOMO)
- Boredom

Overheard on the train: "If I lose my Snapchat streaks, my life will be over" 🤔 #millennialproblems
9:03 PM - Jul 1, 2017
♥ 2 👤 See Steph Lawrie's other Tweets

Finding a balance and preventing digital technology addiction...

In order to achieve a balance in the use of digital technology amongst teenagers, parents or teachers should make gradual changes.



What does this mean?

This may be slowly altering the length of time one is allowed to use his or her device. This method will help teenagers become less reliant to social media & digital technology as a whole.

THANK YOU!

