Reading Response

The article “Social Media and New Technology: A Primer” talks about how important social media is becoming in the preteens and teens life. It also explains the current positive and negative impacts of social media, internet and social networking use and how to use it safely. Moreover, the article recommends ways that can work effectively for clinicians when counseling preteens, teens and their parents about the use of social media.

Although, social media according to the article has benefits such as; opening doors and opportunities for young people and staying in touch with friends all the time, yet, it has many risks and negatives. Research findings confirms that social media use has serious effects on young users, they spend most of their time on social media instead of doing other beneficial activities. And it is related to poor sleep habits and obesity. Moreover, it can increase risky health behaviors in teens like, alcohol and drug use and inappropriate sexual behavior. In addition, it might increase the risk of cyberbullying and invading of privacy since people are sharing their personal life online.

The findings of the article emphasis on how social media is rapidly spreading and will continue to, even though the platforms might change. Although research about new media is new, preteens and teens should understand how to use it safely and parents should be familiar and aware of social media and the effects and regulate their children use of it. In my opinion, the article is a great source for my topic. It has a lot of information related to my topic such as internet use, video gaming, social media and negative effects which I’m focusing on.It explains the topic clearly and generally gave a brief introduction about it. In addition, the article explained the negative and positive effects clearly and in different aspects regarding behaviors and health related risks. Moreover, the article gave suggestions and recommendations of new ways and interventions for clinicians and parents to regulate the teens use of social media and to assure they are staying safe to eliminate the potential risks associated with social media use.

**Citation:**

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