

development of social, physical, and cognitive skills. Leisure-time activities also allow teenagers the opportunity to learn to set priorities and structure their time.

The role of social media and advanced technology are nowhere more prominent than in the lives of today's adolescents. The widespread availability of the Internet and access to social networking websites such as Facebook, Snap-chat, Instagram, email, blogs, and Twitter have created “virtual” communities and ways for young people to interact with others; web cameras even allow those interactions to include real-time video communication. Cellular telephones offer more mobile opportunities to talk on the phone, send text messages or instant messaging, send photos, or use video phone capabilities (Fig. 15-6).



**FIG 15-6** Cell phones allow adolescents to talk for hours with their peers. (©2011 [Photos.com](https://www.photos.com/), a division of Getty Images. All rights reserved.)