

	one factor in violent and aggressive behavior. Both adults and children become desensitized by violence witnessed through various media, including television (including children's programming), movies (including G rated), music, and video games. In addition, cyber-bullying and harassment via text messages are a growing concern among middle school and high school students.
Sex	A significant body of research shows that sexual content in the media can contribute to beliefs and attitudes about sex, sexual behavior, and initiation of intercourse. Teens access sexual content through a variety of media: television, movies, music, magazines, Internet, social media, and mobile devices. Current issues receiving attention for the role they play in teen sexual behavior include sending of sexual images via mobile devices (i.e., sexting), impact of violent media on youth views of women and forced sex/rape, cyber-bullying LGBT youth. Media can also serve as a positive source of sexual information (i.e., information, apps, social media about sexually transmitted infections, teen pregnancy, and promoting acceptance and support of LGBT youth).
Substance use and abuse	Although the causes of teen substance use and abuse are numerous, media plays a significant role. Alcohol and tobacco are still heavily marketed to adolescents/young adults. Television and movies featuring the use of these substances can influence initiation of use. Media also shows substance use to be pervasive and without consequences. Finally, content shared over social networking sites can serve as a form of peer pressure and can influence likelihood of use.
Obesity	Obesity is a highly prevalent public health issue among children of all ages, and rates are increasing around the world. A number of studies have demonstrated a link between the amount of screen time and obesity. Advertising of unhealthy food to children is a long-standing marketing practice, which may increase snacking in the face of decreased activity. In addition, both increased screen time and unhealthy eating may also be related to unhealthy sleep.
Body image	Media may play a significant role in the development of body image awareness, expectations, and body dissatisfaction among young and older adolescent girls. Their beliefs may be influenced by images on television, movies, and magazines. New media also contributes to this through Internet images, social network sites, and websites that encourage disordered eating (e.g., pro-Ana sites) (Strasburger, Jordan, and Donnerstein, 2012).

LGBT, Lesbian/gay/bisexual/transgender.

Box 2-7 discusses some recommendations that nurses can make to families and other adults charged with promoting the well-being of youth and families. Families may find it difficult to limit the use of technology in their homes for a number of reasons, including the potential for greater conflict in the family (especially between siblings and between parent and child) and may lack the resources to provide other safe entertainment (Evans, Jordan, and Horner, 2011).

Box 2-7

Actions to Promote Positive Media

Parents

- Follow American Academy of Pediatrics recommendations for 2