

Hello everyone

In this video, I want to talk about a major challenge that teens face, which is the digital challenge.

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Technology has become a growing part of our lives and we're all connected through our phones.

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Whether it be text messages, assignments, school updates about clubs, and everything, we're all connected by technology, so there will inevitably be many side effects.

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To this.

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Let's delve deep into different digital challenges and how to navigate these challenges successfully.

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The first challenge is the overuse of technology in the digital age.

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Spending excessive amounts of time online can lead to a sedentary lifestyle, which can also lead to many health issues.

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It can also result in less time for offline activities like face-to-face interactions, socialization, sleep, and physical exercise.

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The constant connection can also lead to feelings of being overwhelmed and can also interfere with the ability to focus on tasks.

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Another digital challenge I want to discuss is cyberbullying.

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There has been a growth in the use of social media by teens and the anonymity of the Internet has led to it being a stage of harassment and bullying.

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In many cases, this can lead to stress, anxiety, depression, and in even serious cases, suicidal thoughts.

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Cyberbullying can take place in many forms that could including sending threats, and spreading rumors.

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Cyberbullying can take many forms, from sending threatening messages to spreading rumors to posting hurtful comments on someone's post.

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Another digital challenge that teens face is social media pressure.

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Many teens feel the pressure to present a perfect lifestyle online and can compare themselves unfavorably.

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To perfectly curate pictures online about someone else posting about their perfect life.

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This can lead to feelings of inadequacy or low self-esteem.

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The cost comparison with others can distort self-image and can contribute to negative body image.

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Another major challenge that teens face is information overload.

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The Internet provides access to an overwhelming amount of information.

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This concept of bombardment can lead to stress and difficulty focusing.

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The sheer volume of information available online makes it harder for teenagers to discern what is right and what is not.

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The next major challenge I want to discuss is privacy concerns.

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Teens may not understand the implications of sharing personal information online.

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This can lead to privacy issues and potential exploitation.

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Personal information shared can be used for identity theft or other forms of cybercrime.

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Now in this section of the video, I'll discuss how to overcome these challenges.

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To overcome the overuse of technology, one needs to limit the time they spend near their phone or screen.

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Now you're in school and sent assignments and homework through online platforms and you needs to find ways to lessen your screen time.

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Many things are also addicted to social media apps.

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That is why they need to go for a total dopamine detox.

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In this detox, teens need to be completely absent from social media until they feel that they can lead their lives without it.

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And if you see someone that you know being cyberbullied online, please tell a responsible adult or a professional.

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Overcoming social media pressures teens to understand that social media is a fake platform.

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Social media shows the idealistic lifestyle that no one in reality lives to.

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Start showing gratitude towards what they have in the present instead of focusing on what they don't have.

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Also not feel insecure about how other people look on the Internet, but it's different and it is important to understand that each body is different and you need to accept yourself the way you are.

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Times I want to discuss is information overload.

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Welcome this challenge.

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When searching on the Internet, teens should look for certified and accurate websites that will give them the right information.

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If you do not know where to find these types of sources, you talk to your librarian or your school counselor and they can help you with that.

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Become issues of privacy concerns.

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Teens should be educated about how to manage themselves digitally.

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Now, since our world is moving completely digital and a few times we'll be living in a meta world, teens need to understand how they can be safe online.

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These digital challenges have become a normal part of a teenager's life.

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These need to be educated on how to manage themselves online, and not only how to do fundamental things, but also how to limit themselves from spending too much time online or getting addicted to certain apps.

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It's not only important to educate teens about how to manage themselves online, but it is also important to teach them how to use technology mindfully.

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Thank you for watching this video.

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I provided a whole transcript of this video on the website and I've also provided further readings for y'all to check out.

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Thank you.