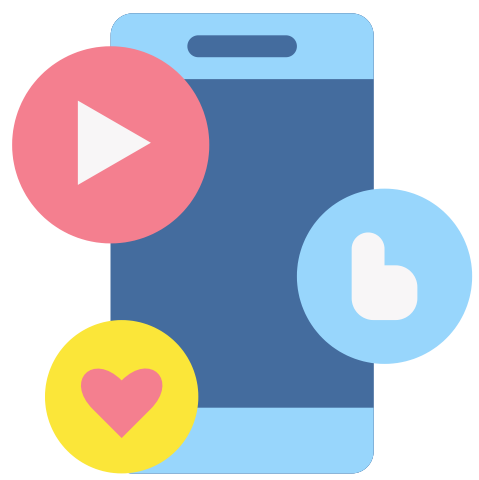


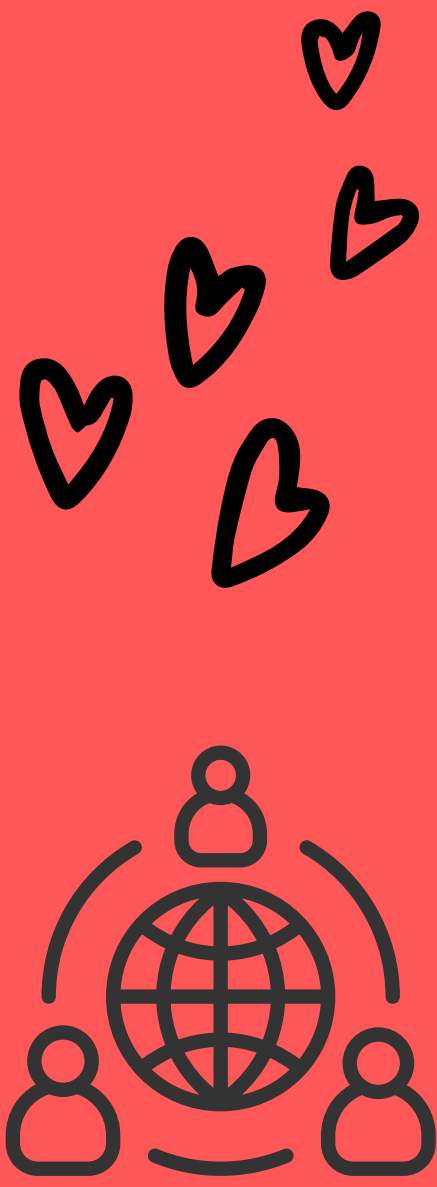


THE EFFECTS OF TOO MUCH MEDIA



INTRODUCTION

Too much media can be really bad for you, even if you don't notice. It's best to limit your screen time for numerous reasons.



Too much media leads to less time to hang out with friends and family, and time with people who are special to you. Hanging out with these people is important. 59.3 percent of the population uses social media, while only 4.3 percent isn't on social media.

EXERCISE

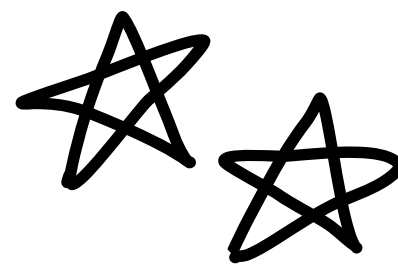


Too much media can also affect how much exercise and fresh air you get.



SLEEP

Sleep is also affected by media. Sleep is valuable, and it's important you get enough rest. Even one night without sleep will affect you.

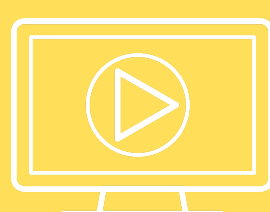


SCREEN FREE ENVIRONMENTS

It's best to have screen free areas to help limit your screen time. Some examples are: Your dining room (usually), Outside, and School.

FUN FACTS (THAT AREN'T SO FUN)

Someone has spent 94 hours STRAIGHT watching their T.V. Crazy, right?



Social media users grew by **328 million** between October 2018 and October 2019.

There are 3.725 billion active social media users. Wow.

DON'T FORGET TO BALANCE YOUR MEDIA! REMEMBER THIS POSTER.