



# Stout Middle School

## Student Newsletter



Week of May 24th, 2021



### How does social media and other media influence teenagers?

Teenagers can be very smart consumers of media messages. Social media and other media influence teenage attitudes and behavior. When teenagers are aware of media influence, they can handle media pressure better. You can develop the skills you need to handle media influence. Read along to learn more.

Media influence on teenagers can be **deliberate and direct**. For example, advertising is often directed at children and teenagers. This means that children and teenagers are increasingly conscious of brands and images.

Media influence can also be **indirect**. For example, this might include sexualized images and content on Instagram, Snapchat, Facebook and YouTube. It might also include violent imagery and coarse language in news media, documentaries, video games and some song lyrics. This kind of media influence can suggest to teenagers that certain ways of behaving and looking are 'normal'.

#### Positive social media and other media influences on teenagers

Here's the good news: social media and other media can be positive influences on teenage behavior and attitudes.

#### Citizenship

Teenagers who are exposed to and take an interest in news media are more likely to be interested in major social and political issues like climate change. In this example, media can encourage them to become more involved as citizens in their communities.

#### Health and lifestyle

Teenagers can also pick up important health promotion messages from social media and other media. This might include messages aimed at preventing youth depression and suicide, promoting positive, respectful relationships, or encouraging healthy eating and lifestyle habits.

#### Identity

Good-quality stories in television shows and movies can help teenagers explore aspects of identity like sexuality, relationships, gender or ethics - for example, the treatment of sexuality in a movie like *Bohemian Rhapsody*, or gender in *Ride Like a Girl*, or ethics in a TV show like *The Good Place*. Watching these shows with your parents is a great opportunity for discussion.

When you balance media use with other activities like physical and creative activities and socializing face to face, you come into contact with a wide range of influences. These include peers, community mentors and family, as well as the media.

You can also be introduced to real-life, positive role models. Ways to do this could be joining local community groups, sporting clubs or mentoring programs.

It's always worth remembering that media - good and bad - is just one of several influences on teenage behavior and attitudes. Other influences include family, friends and peers, cultural background and more. Often these influences can be more powerful than media influence.

### Important Dates and INFORMATION

**5/24/2021:**

**5/25/2021:**

**5/26/2021:**

- 10am-12pm VLP students & families open house for incoming 6<sup>th</sup> graders (in-person)
- NWEA testing w/advisory teachers
- 3:30 Track meet Lowrey vs. Stout @FHS

**5/27/2021:**

**5/28/2021-5/31/2021:  
NO SCHOOL- MEMORIAL DAY WEEKEND**



# GET TO KNOW TEACHERS & STAFF

**Hello, my name is Mr. Simon!**



**“It is easier to build strong children  
than to repair broken men.”**

**My birthday is April 9<sup>th</sup>.  
I am the Social Responsibility Technician  
at Stout Middle School.**

**I am a Graduate of Romulus Senior High School. I  
am an alumni of Henry Ford College. My hobbies  
are bowling, music and reading. I have three (3)  
adult children (38, 26 and 25) with 6 grandchildren.**

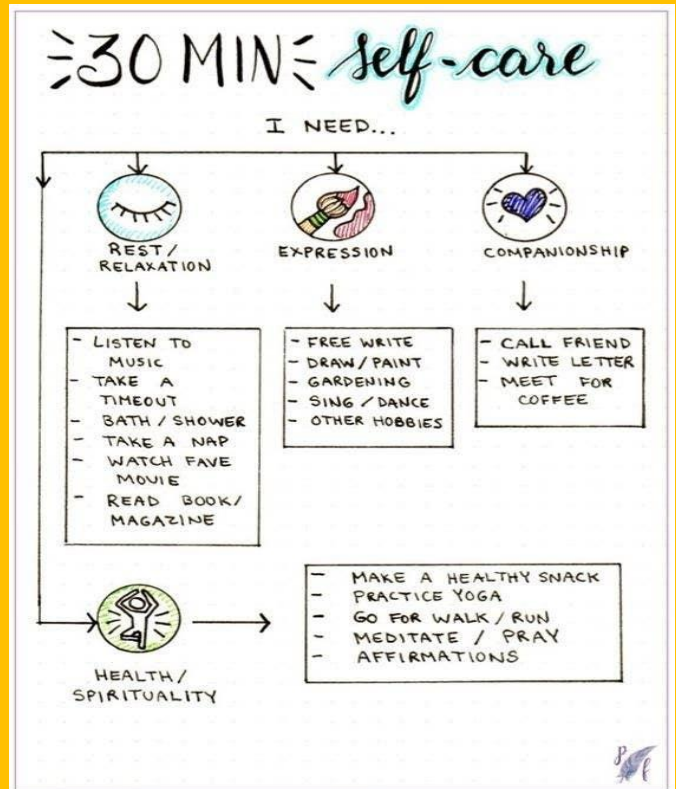
**My favorite sports are bowling, football and  
basketball. Although I enjoy watching all sports.  
My favorite color is purple. My favorite animals  
are black panthers and eagles.**

**\*Contact information:  
[simonj@dearbornschools.org](mailto:simonj@dearbornschools.org)**

## SOCIAL EMOTIONAL learning RESOURCES

We always talk about self-care—after all, how are you meant to live a full and meaningful life if you don't take care of yourself? But we know understanding self-care can be a bit overwhelming. Add to that, when you search the term on line, thousands of lists, inspirational quotes and ideas come back to you, suggesting you practice it a certain way.

The most important part of self-care is understanding how it best works for you. Some people may find journaling therapeutic, while others would prefer to sweat it out at the gym—and that's okay. Use the chart below to dedicate 30 minutes of self-care for yourself, depending on what your current needs are.



## WEEKLY RIDDLE

**It belongs to you, but your friends use it more. What is it?**

**Last week's riddle:**

**What gets bigger  
when more is taken  
away?**

**"A hole"**