



Perspective: Protecting teens from Big Tech

it's time for the states to step up Teens won't like it, but it's time for policymakers to do something about the cause of so much depression and anxiety in young Americans

By Jean M. Twenge, Clare Morell and Brad Wilcox | Aug 29, 2022

Around 2012, something began to go wrong in the lives of teens. Depression, self-harm, suicide attempts and suicide all increased sharply among U.S. adolescents between 2011 and 2019, with similar trends worldwide. The increase occurred at the same time social media use moved from optional to virtually mandatory among teens, making social media a prime suspect for the sudden rise in youth mental health issues.

However, social media use remains virtually unregulated among minors. So, given the federal government's failure to reign in Big Tech's influence on our children, it falls to the states to pass laws to protect our kids from the emotional and social fallout of unrestricted access to social media.

The failure stems mainly from U.S. Supreme Court decisions that limited Congress' power to regulate the internet to protect children. In addition, the laws Congress has managed to pass — such as the Children's Online Privacy Protection Act, which was supposed to allow parents to control the interaction between websites and children — have failed to exert any meaningful influence on children's technology use.

VOCABULARY

Awaken = to wake up = to be awake

Parallel reality temporary ≠ momentum

As time pass by habit routine ≠ route

In her case, Marina had a paid leave. procedure

To reach to give a clue contractions

To give birth to be born natural / c-section

Recovery birth labor rural area

Isolated instincts intentional hippie

Doula posh mansion ≠ off the grid to step up

Big Tech / Pharma

Huge monopoly financial behavior

Lecture auditory policymakers

To live along with to chime in to reign in

Realm to split the bill content

To come from = to stem to keep an eye out for _____

Determined flawed incentives

Trust your guts postpone to sort it out

Irrevocably restricted resources role model

PRONUNCIATION

Equipment worldwide

unregulated adolescents influence

HOW DO YOU SAY

To be on your way to ...

fallout < altercation (screaming match) < scurffle

When do things start to get easier

After a few years, it seems like people forget / I've forgotten how difficult things are when family goes through pregnancy.

Before birth, it is really easy but after birth is harder specially for the father.

The first few months....

Sleep pattern

They stay awoken during the day / all day long.