

## Transcrição de Vídeo - *Teens and Technology*

(<https://www.youtube.com/watch?v=7EkMgDqf8q0>)

**Anchor:** *Teenagers today are consuming more media than ever before, but just how much time do they spend on technology each day? As CBS 2's Jen Crawford reports the answer may surprise you.*

**Parent 1:** *My biggest concern with my son is the screen time with the video games.*

**Jen Crawford:** *Like many American families, the LaRue's are finding it almost impossible to pull the plug on technology.*

**Parent 2:** *Constantly connected to cell phones...*

**Jen Crawford:** *Twelve-year-old daughter Sasha keeps busy texting her friends. Fifteen-year-old son Ethan is a big-time gamer.*

**Jim Steyer:** *There's this enormous experiment we're carrying out as a society largely on our children.*

**Jen Crawford:** *Jim Steyer is founder and CEO of Common Sense Media. The new survey finds tweens spend almost 6 hours a day on entertainment media, which includes things like listening to music or watching online videos. For teenagers that number jumps to almost nine hours.*

**Jen Crawford:** *Nine hours a day. Is that a good thing?*

**Jim Steyer:** *You know, media and Technology are not good or bad. It's all about how you use them.*

**Jen Crawford:** *66 percent of teens say they use technology to listen to music every day; 58% say they watch TV, but less than half say they use social media on a daily basis.*

**Jim Steyer:** *You would think that there'd be a much higher percentage, but the truth is they feel they have to be there because their friends are.*

**Jen Crawford:** *With kids on technology for both homework and fun, moderating their usage can be tricky.*

**Jim Steyer:** *And they are using their computers and phones and stuff for emailing teachers and doing research. You can't tell your kid you can only have two hours of screen time.*

**Anchor:** *And the report shows 57% of tweens kids ages 8 to 12 have their own tablets. Experts say parents can help manage their kids technology use by monitoring their own and setting a good example.*