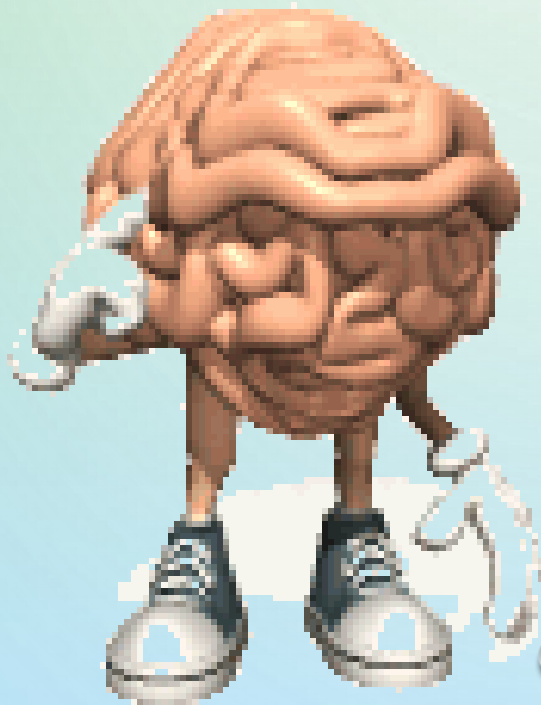# Negative Aspects of Using the Internet
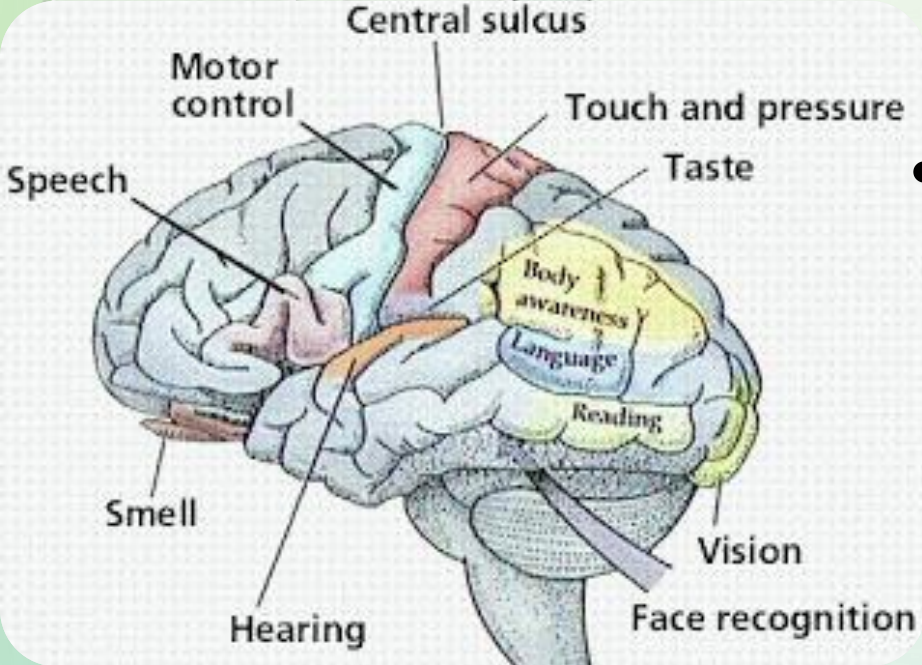
- **Modern technologies influence the way we think and behave, particularly among the young.**

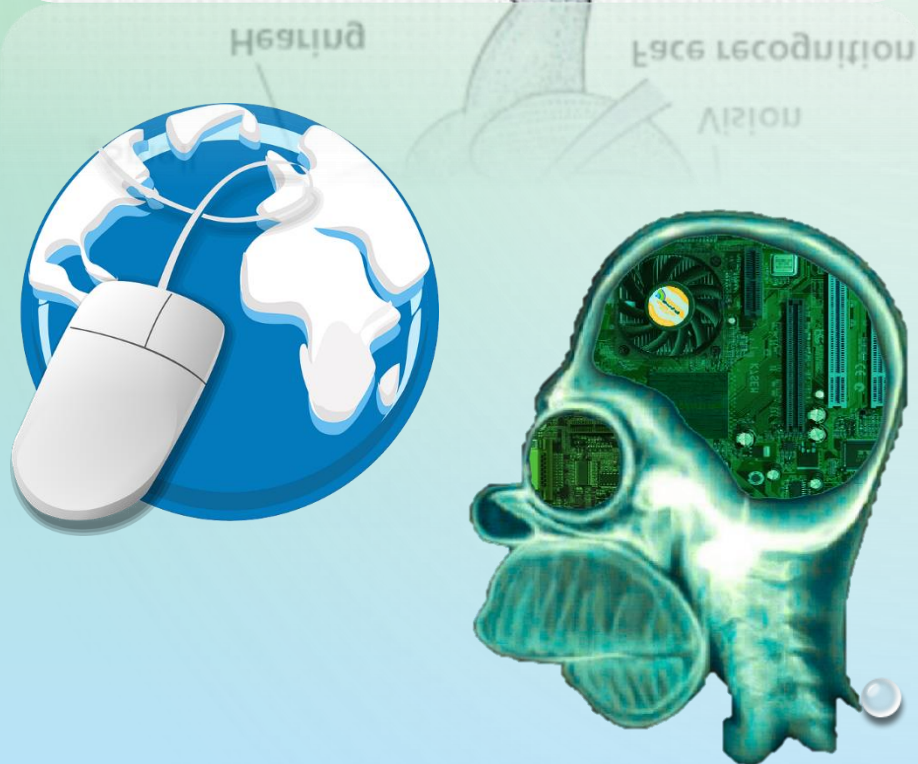- **The Internet is definitely keeping our brains active… but it has damaging effects on our lives.**

- **People first look to the Internet for knowledge.**

- **It´s the fastest and easiest way how to get information.**

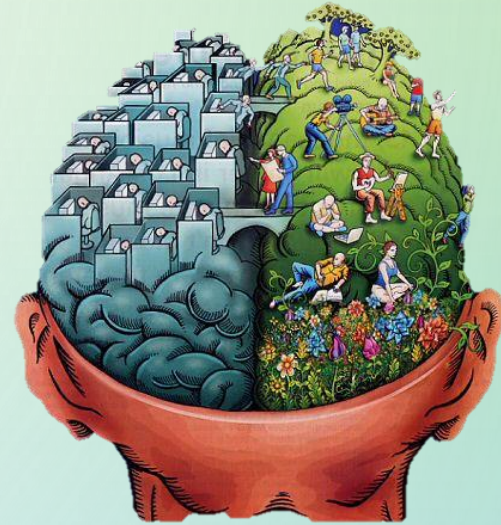- **The use of search engines is causing our brains to reorganize where it goes for information.**

- **People remember where they can get the information and not the information itself.**

The impact on teen brain

- The teen brain is *immature*. The human brain does not fully mature until the person is in their late twenties.

- Many teenagers choose *two dimensional world*.

The impact on teen brain

- It can produce **changes in behaviour**,

- **reduce** personal **communication skills,**

- **reduce** ability to **think abstractly,**

- **shorten attention spans**.

Some psychologists say that spending too much time on the Internet can….

- **interfere with our sleep**,

- **sabotage our concentration,**

- **undermine our immune systems**…

Stress factor

Causing stress

- a lot of e-mails

- slow Internet

- virus

- data lost etc.

People unable to relax

can harm themselves!

Stress factor

- Accumulating stress leads to serious health problems.

- *Extreme reactions* caused by frustration, reactions such as swearing, screaming, beating a keyboard etc.

Stress factor

Prevention:

- antispam filter

- antivirus program

- firewall…

- breaks after a few hours of working on PC

- stretching your body
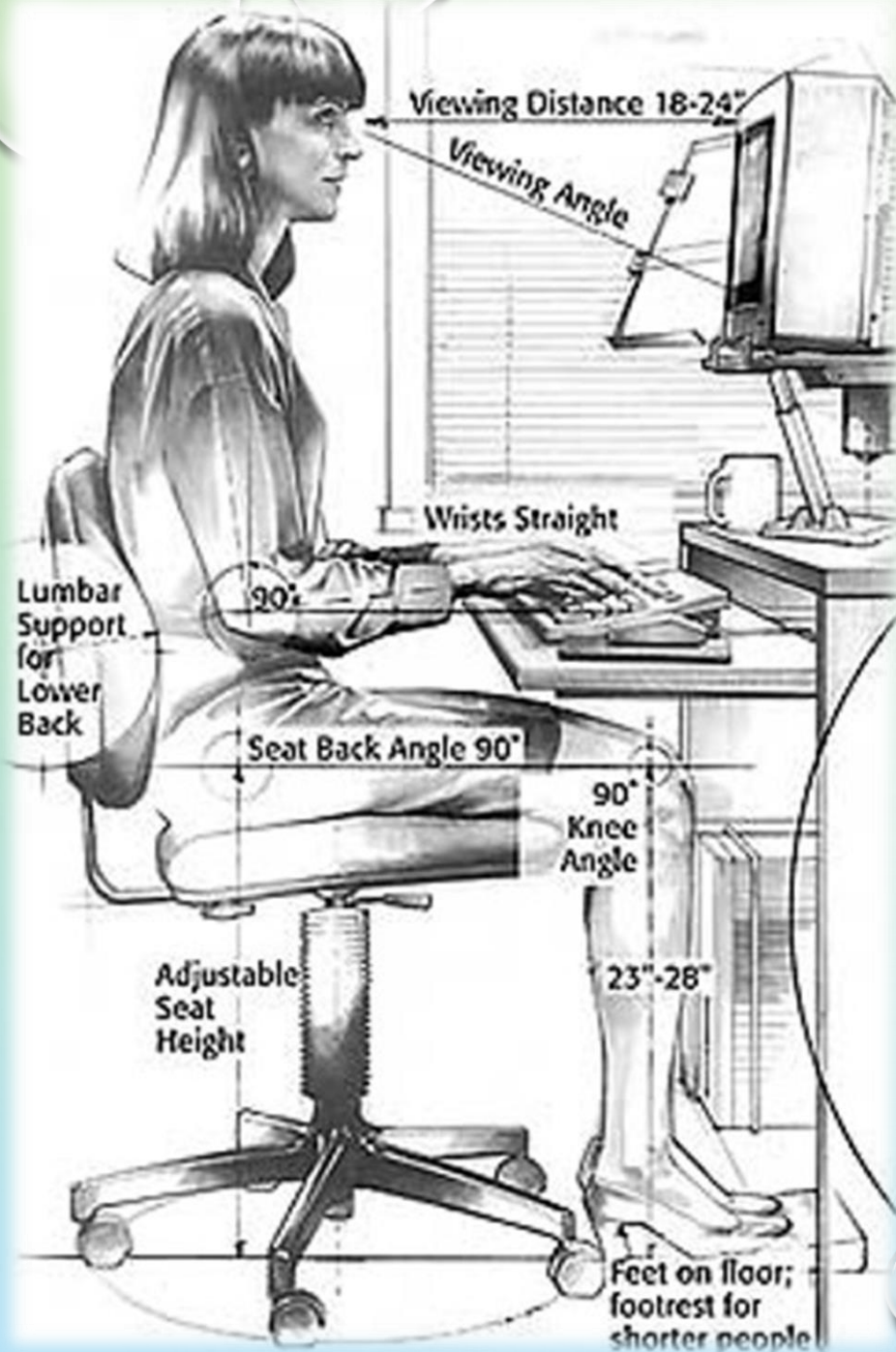
Health risks of sitting at the computer

Carpal tunnel syndrome

– caused by a pinched median nerve in the wrist

Prevention:

- use ergonomic keyboards

- give yourself a break every hour

- roll the wrist…

Inappropriate seating can damage your health

- Poor posture, poor alignment of the head, neck, shoulder and back causes stress and pain which affects every part of your body from head to toe.

Health risks of sitting at the computer

Weight gain
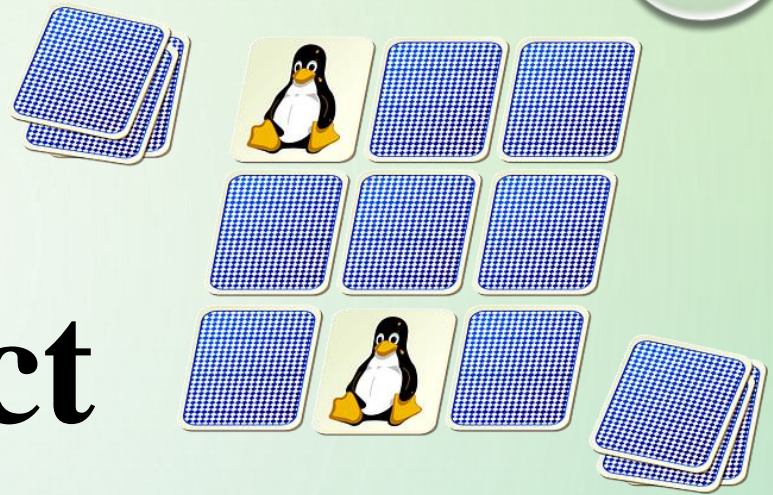
- snack at desks = plenty of extra calories

Dry eyes

- our eyes are not designed to keep focusing and moving repetitively across a computer screen

Prevention:

- lowering computer monitors can relieve eyes from straining to get a close look

- also, blink more.

Affect on human memory

- The access to data anytime, anywhere = it alters the way the brain functions.

- Less need to remember everything = the Internet is an *external memory* for teenagers.

One of the biggest problems:

• Teenagers have become

dependent

on the Internet ….

The user is the one in control!

Sources:

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