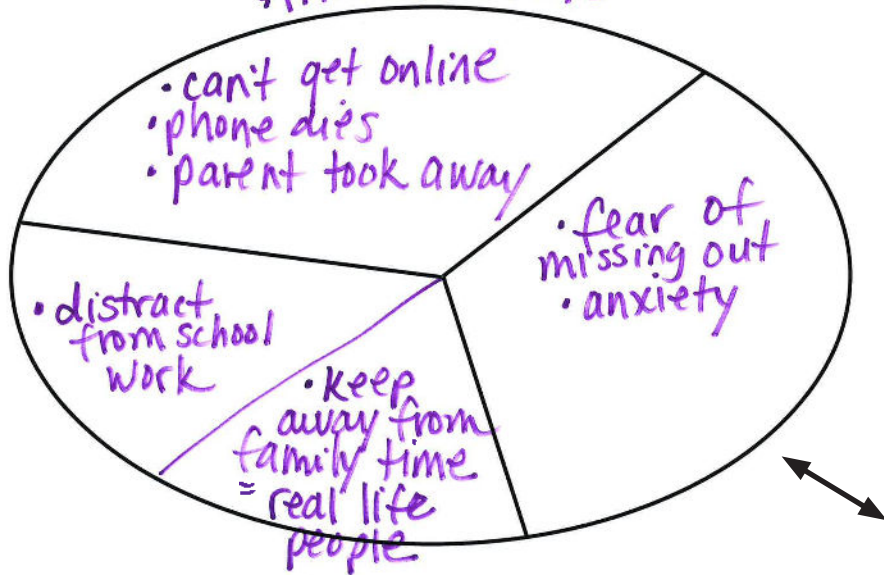
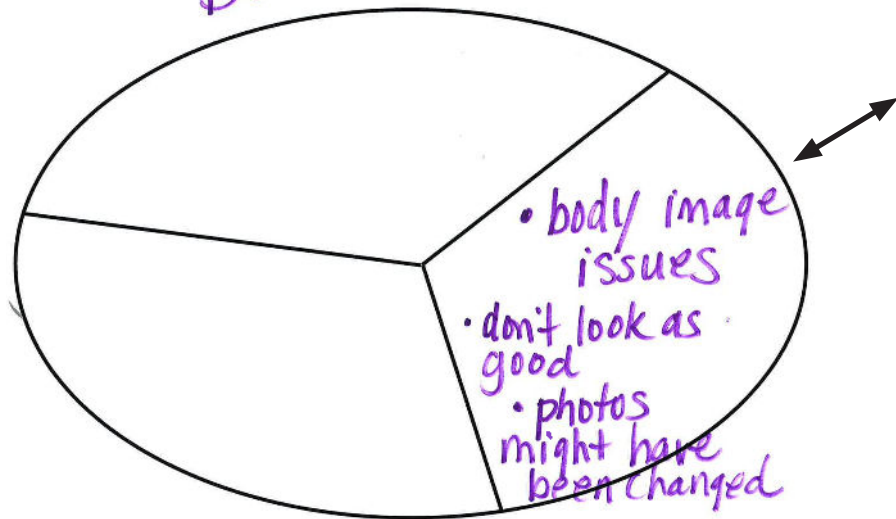



Anxious Teens




Bullied Kids



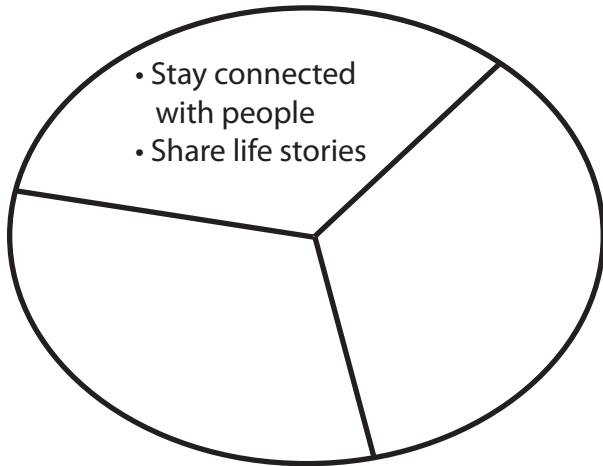
Title _____

 Teens can be anxious if ~~they miss out on~~ being on line and then miss out on family time and school work.

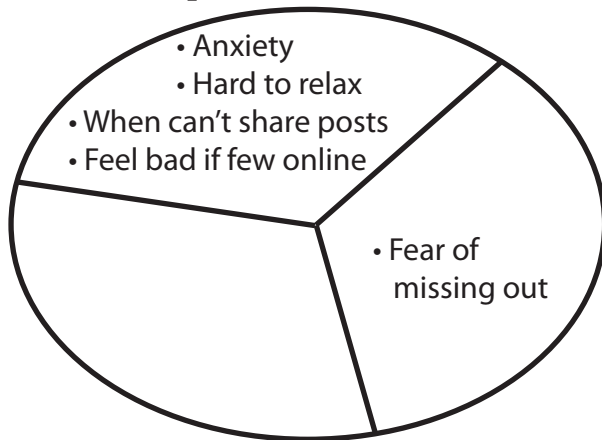
 Kids are bullied for body image issues.

Summarize each into a single sentence.

Good points



Behavioral problems



Parents may fret, but even experts say social media use has its benefits

¶1 Young people like to post on social media sites like Twitter and Facebook. They talk about their lives. Things can seem perfect.

In real life, however, things might not be so perfect.

¶3 Social media lets teenagers connect. They can talk to people anywhere. Still, spending hours on social media could be harmful, experts say.

Behavioral Problems

¶4 Studies show problems could come from using social media too much. Those can include anxiety, which can make it hard to relax.

¶5 Most teenagers today are on social media sites. Some teens feel anxious if they can't share posts. They want to see what their friends are doing. They also might feel bad if they don't have many friends online.

¶6 Shreya Hessler is a psychologist in Bel Air, Maryland. Psychologists look at how people behave and think. Teens often fear they are missing out on something, she said. Social media can make teens feel left out.

Good Points

It is not all bad, though. Experts don't think teenagers should stay off social media.

¶8 Leslie Parker works with teens in Baltimore, Maryland. She said there are good things about social media. One is staying connected to people. It depends on how students use it, she said. Many use social media for good reasons.

Hessler said, "People can share their life stories."

Bullied Kids

Social media can be more of a risk than adults think. Some teenagers may face online bullying, for example.

¶10 Social media also might create body image issues. Teens see photos of someone who looks perfect. Then they feel they don't look as good. The photos might have been changed to make someone look perfect.

¶11 Octavia Sykes works with girls. She helps those who struggle with their body image. She said social media can increase these worries.

Anxious Teens

¶12 Hessler said some teenagers get upset if they cannot get online. This can happen when their phone dies. It can also happen if a parent takes away their phone.

Kristina Dyson goes to Mercy High School in Baltimore. She uses Snapchat and Twitter to talk to friends.

Dyson feels like she needs to know what is going on. She uses social media for that, she said.

Teens can fear missing out. This might create anxiety. It could distract from school work.

Parker said social media can keep teenagers away from family time. They should talk to people in real life, she said.

Hessler suggested setting times for social media.

Teenagers can also learn to be more aware of their social media use, Sykes said. Is using social media making you anxious? It may be time to pull back. You aren't going to miss out on anything.



5 Steps to Paraphrase

1. **Read** the text.
2. **Remove** the text.
3. **Explain** the idea out loud. *Repeat Steps 1-3, if necessary.*
4. **Write/Type** the explanation.
5. **Return** to the original text to check names and numbers.

PARAPHRASED INFORMATION

#1

Paragraph # _____

PARAPHRASED INFORMATION

#2

Paragraph # _____

Amazing Kids

You're never too young to live your dreams and make a difference.

As we start the New Year, we also celebrate the many kids in 2018 who have done some amazing things. They include activists and entrepreneurs.

Aidan Puffer

Aidan Puffer's father trained for 5,000-meter races, also known as a 5K. Little did the family know, Aidan was about to be a world-record-breaking runner.

His first world record was in the 5K on a track for 11-year-old kids. Two years later, he broke another one, the 5K road world record for 13-year-olds.

Aidan runs 30 to 40 miles a week.

"The more you improve, the more you want to get better," Aidan says.

Delton Myers

South Carolina fifth-grader Delton Myers is working to educate other kids about mental health. He published a book called "The Invisible Injury" about childhood depression.

Depression is not simply feeling sad. Its symptoms last for a long time. People can experience mental illness like depression even when things seem like they are going well. It is often connected to chemicals in the brain. Most mental illnesses can be treated by doctors. However, asking for help can be hard for some people.

"During family tragedies and tough times, parents often tell kids to be quiet or their feelings are just never addressed," Delton said. "We need to let kids know it's OK to talk about their feelings and they can get help."

Jamaria Crump

Baltimore, Maryland, sixth-grader Jamaria Crump has taken the lemonade stand to the next level. The 11-year-old spent a year perfecting her top-secret lemonade recipe.

Her special lemonade has helped make her all-things-lemon business, LemonTopia, a hit.

It started out as a hobby. Now, she's turning it into a business.

Riley Morrison

Nine-year-old Riley Morrison is a basketball player. She is a huge fan of the Golden State Warriors basketball team. She is also a major fan of

Stephen Curry, the team's star point guard.

Riley went online with her dad to buy a pair of Curry's new shoes. She was disappointed to find that the only kids' versions were for boys.

She wrote Curry a letter asking if he would work with athletic clothing company Under Armour to provide the shoes for girls as well. The letter soon went viral on social media.

It wasn't long before Curry responded to Riley with a letter of his own. He said he was working with Under Armour to make sure the shoes were available for boys and girls.

Shelby O'Neil

Seventeen-year-old Girl Scout Shelby O'Neil wants to keep plastic out of the oceans.

Plastic straws and cup lids are too small to be recycled. They are made to break down more quickly than other plastics. Pieces of these plastics end up getting eaten by fish and other sea life.

Shelby appealed to companies that often produce this plastic waste. They included San Francisco-based Dignity Health, Alaska Airlines and Farmer Brothers coffee.

Some of them promised to reduce or eliminate the plastic they help produce.

Shelby said she wasn't scared to stand up to the companies.

"If no one else is doing it, then I'll do it," she told the Washington Post.

