

*Media and the Well-Being of Children and Adolescents* brings together leading scholars and media professionals to examine the role that media play in the every-day lives of young people and their families. It presents cutting-edge theory and empirical research on the benefits and risks of media to youth development, covering both traditional media such as television and film and “new” digital media such as video games, cell phones, and the internet.

The volume begins by identifying current trends in children and adolescents' access to media at home and the time they spend with television, computers, and the internet. Next, chapters present up-to-date research highlighting the potentially negative impact of age-inappropriate or excessive media use on children's physical, cognitive, social, and emotional well-being. Further chapters examine the benefits of media and how they enhance children's education, health, and social connections. The volume concludes by investigating how the creation of high-quality, enriching content can speak to the needs and interests of young people today.

The interdisciplinary scope of the volume draws attention to important controversies surrounding the effects of media on youth, offering a balanced view of the challenges and opportunities media pose for healthy development, including:

- The media's impact on adolescents' sexual beliefs and safe sex practices
- The media's potential to aid children in war, crises, and other challenging circumstances
- Risks and opportunities that children encounter on the Web
- Positive and negative effects of video game play

The book is intended to be a resource for students and scholars working in education, developmental psychology, public health, and communication. It also speaks to media professionals who aim to create content that enriches the lives of children and adolescents.