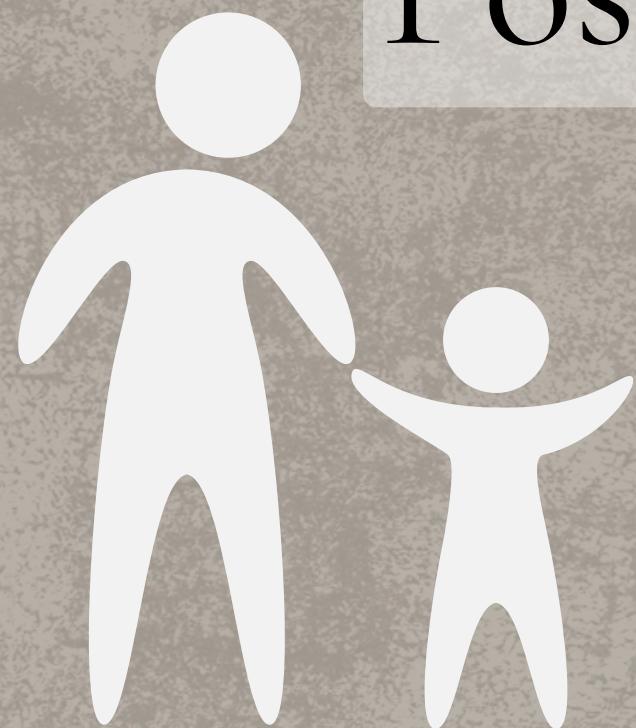


# Media time = family time:

Positive media use in families with  
adolescents.



**THE GIST:** We talked to over 600 parents and their teens for this study, and we explored some pretty interesting relationships between positive media use and its outcome on the family unit. We took a specific look at 'entertainment' media and 'social media,' and asked open-ended questions like "How do you use media as a positive force in your family?" We took those answers, as well as some survey questions, and the results suggested that in addition to what we already know about how families monitor or implement media, there are also many positive ways in which media is associated with family functioning, adolescent disclosure, and parent involvement.

**THE TAKEAWAY:** The main message from this study showed that many parents are using media in a variety of positive ways - not just to spend more time with their kids, but as a tool to become more involved, encourage conversations with their adolescents, and strengthen their family. All of these factors are critical for development in adolescence. Let's keep finding creative and positive ways to integrate media into our homes. When used wisely, it truly can be a tool to foster greater connection and unity.