

CLAIM CARDS

CARD 1: Social Media (Magis-Weinberg & Berger, 2020)

Claim: Social media can help you connect, but too much use or negative use can hurt your mood and self-esteem.

Evidence:

Reasoning:

CARD 2: Adolescent Brain (Miller & Anandakumar, 2020)

Claim: The teen brain is changing fast, and the choices you make can shape how it grows.

Evidence:

Reasoning:



CARD 3: Technology and Teens (Magis-Weinberg & Berger, 2020)

Claim: Technology can be great. However, you need to manage screen time, especially at night, to stay healthy and focused.

Evidence:

Reasoning:

CARD 4: Screen Time (NIDA, 2020)

Claim: Too much screen time can hurt your sleep, mood, and brain, so it's important to set limits and find balance.

Evidence:

Reasoning:

