**Television**

There is no doubt that television has become an essential part of people`s lives as it has a great influence on people, especially the young ones. Over the past few years teenagers have changed a lot due to the affect of the coloured world network. The new generation can not imagine their lives without TV programmes. It seems to me that teenagers are badly influenced by TV. There are various facts that support this opinion.  
  
Firstly, teens have become "multitasking" as they are unwilling just to watch TV. They prefer combining it with other activities, including social networking, looking from their laptop to the TV screen and back again, or flicking through magazines. Even if children are concentrating on the television, they want to keep up with two programmes at the same time, switching over channels. So teens are not interested in playing and social interaction. Sedentary activities and using a computer cause obesity, heart and eye diseases. Secondly, watching inappropriate programmes leads to children`s cruelty and violence because it is not always easy for them to determine the difference between reality and fantasy.  
  
It is, however, argued that television can be also useful for teenagers. Numerous channels are devoted to particular subjects. So some programmes are really educational, they expand teenagers` outlook and make them knowledgeable.  
  
In conclusion, television influences teenagers badly as they become dependent on it. Their daily lives are to the accompaniment of the TV. So they refuse to live an active life, reading books, communicating with peers and doing sports.