

A blue and yellow armored figure, possibly a samurai or a futuristic warrior, stands on the left side of the frame. The figure is holding a sword and has a yellow visor. The background features a traditional Chinese building with multiple tiers and curved roofs, set against a hazy, pinkish sky. The overall scene has a soft, ethereal quality.

3. Health and media

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Media is life

- Media in general means collective communication outlets and tools that we use for storing and delivering information and data
- Youth these days are encouraged to use media tools and have a general understanding of the field



Media promotes wellbeing

- Especially internet is full of information about health and wellbeing
- Internet also allows you to remain anonym, so you can discuss even about the more touchy and personal matters without personal stakes
- Internet and especially social media or video games can be an important source of self expression

Risks of media consumption

- It's not always easy to notice, when media consumption becomes compulsive
- Over consumption of media (especially excessive sitting) brings many physical, emotional and social risks for you health



Media and femininity/masculinity

- Media often provides a shallow, provocative and generalized view of appearance and beauty
- Defining masculinity and femininity is well within the interest of commercial companies because it's a strong driving force and arouses curiosity
- The ideals of beauty are always kept out of our reach, so that we'd have to strive towards these ideals (and buy stuff) ad infinity

Ponder...

- Why is there a set of age limits for movies, games and other media?

HEAD IN THE CLOUD

