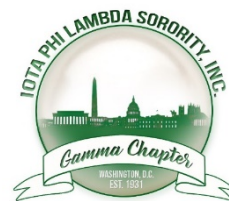


Iota Phi Lambda Sorority, Inc.

"A United Sisterhood of Business and Professional Women Striving for Economic Empowerment"

Mrs. Lola M. Parker
FOUNDER, 1929



To: School Officials, Teachers, Counselors, Parents and Students

From: Iota Phi Lambda Sorority, Inc. - Gamma Chapter
Youth, Education & Scholarship Committee Chair, Ms. Karen Y. Arey
Gamma Chapter President, Ms. Cory Milam

Date: October 27, 2020

Re: American Education Week (AEW) Essay Contest

The Gamma Chapter of Iota Phi Lambda Sorority, Inc. is sponsoring its **Annual National American Education Week Essay Contest** for middle school and high school students. Gamma Chapter solicits your support by encouraging your students' participation in the 2020 American Education Week Essay Contest.

The goals of this essay contest are to provide an avenue for students to enhance their writing skills. It also provides an opportunity for students to think and reflect on the theme: "How Social Media Affects Teens".

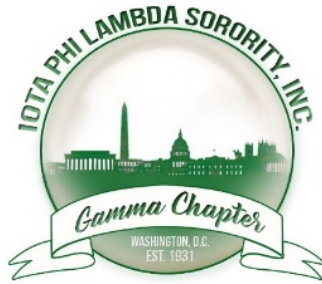
See the contest guidelines enclosed for the **NOVEMBER 18, 2020** postmark deadline. We genuinely look forward to your students' participation. If you have any questions, please contact Karen Y. Arey at:

scholarship@iota-gammadc.org

or

visit www.iota-gammadc.org.

Encl: Contest Information



2020 American Education Week Essay Contest Information *“How Social Media Affects Teens”*

In today's youth culture, it seems as if teens are permanently glued to their cell phones; constantly receiving beeping, buzzing and blinking alerts and/or social media notifications.

According to a **Time Magazine** article titled; *"Teen Depression and Anxiety: Why the Kids Are Not Alright"* May 19, 2019. With the rise of social media, being a teenager today is tougher than any parent could ever imagine. The **Time** article states, "It's hard for many adults to understand how much of teenagers' emotional life is lived within the small screens on their phones."

How Many Teens Use Social Media

For many young people, social media can become addictive. [Verywellfamily.com](https://www.verywellfamily.com) recently posted stats from a report by Common Sense that found:

- 75 percent of American teenagers have social media profiles
- 51 percent of teens visit social networking sites daily
- More than a third of teens visit their main social networking site several times a day
- 1 in 4 teens is a heavy social media user, using at least two different types of social media each day

Dangers of Social Media

According to the [Verywellfamily.com](https://www.verywellfamily.com) site, "Social networking plays a vital role in broadening teen social connections and helping them learn valuable technical skills. But what impact is all of this social networking having on young minds?" Teens' developing brains are extremely vulnerable to so much time online, and because they often have difficulty self-regulating their screen time, risks increase which means they are more susceptible to peer pressure, **cyberbullying** and sexting.

The parenting site also lists the most common mental health related issues teens can experience from too much social media use, which include:

- Anxiety
- Depression
- Low self-esteem
- Sleep deprivation
- Envy/Jealousy
- Communication issues, or lack of socialization skills for teenagers
- Sadness
- Loneliness
- Dependence

How Parents Can Help Teens and Tech

For some parents, the thought of social media, or anything to do with technology for that matter, is a terrifying subject to discuss with their teens. However, it is imperative, as a parent or guardian, to create a healthy boundaries and open lines of communication with their teen about social media and technology safety.

The top three entries will receive monetary awards. The monetary awards for each level are listed below.

Local Awards

- 1st Place Local: \$200.00
- 2nd Place Local: \$175.00
- 3rd Place Local: \$150.00

National Awards

- Middle School & High School: National \$500.00
- Middle School & High School: National \$250.00
- Middle School & High School: National \$100.00

Guidelines:

- Compose an essay based on the theme: **“How Social Media Affects Teens”**
- Write no more than three double-spaced typewritten pages (500 words)
- **Please email your submission packets to: scholarship@iota-gammadc.org**
- Submit your essay on 8 1/2 x 11 white bond paper (one original and two copies)
- Complete: Application and Declaration of Originality
- In addition, please mail all essay originals to:
Iota Phi Lambda Sorority, Inc.
Gamma Chapter
ATTN: Karen Y. Arey
P.O. Box 75985
Washington, DC 20013
- Essays must be postmarked by **NOVEMBER 18, 2020**