Let’s talk about media - First some useful words that you can use in the discussion:

Screen the part of a computer or smartphone where you can see pictures

Analogue old definition: something that is similar

 New way of using the word: as the opposite of digital

Digital based on I and O (which looked like fingers) electronic way of processing data

Database the collection and storage of data

Information technology IT or ICT = computers and the Internet used for communication and storage of information

Interactive an adjective for an app that allows to react like in computer games

Graphic picture that shows numbers

Neuropsychology a science that looks at the brain and what people do and think

Staunch a person is a staunch fan or a staunch critic which means firmly convicted to be right

Subliminal adjective to say that something happens without noticing

Brain part of our body that we use for thinking

Nerve cell our brain has got millions of them

Short-term memory first part of the brain that processes any impressions

Long-term memory part of the brain that stores important things for a long time

hippocampus important part of the brain to transfer the impressions into the long-term memory

amygdala the part of the brain that processes emotions

(scientific) studies scientists carry out studies when they want to find answers to special questions

to damage when you break something it gets damaged

media consumption the use of media (verb: to consume)

to influence to change the way of think of other persons

learning process all the process that is needed for learning

contraindicated things that should be avoided because they act against your wishes

consequence the things that follow an action

progress when you make a step forward in your evolution / learning etc

efficiency noun of the adjective effective (being able to do things)

to impair the efficiency to reduce / to damage the efficiency