

oday the modern media,

which are an essential part of life for young people in particular, can be both a help and a hindrance to communication. The media can be a hindrance if they become a way to avoid listening to others, to evade physical contact, to fill up every moment of silence and rest. The media can help communication when they enable people to share their stories, to stay in contact with distant friends, to thank others or to seek their forgiveness, and to open the door to new encounters. By growing daily in our awareness of the vital importance of encountering others, these "new possibilities", we will employ technology wisely, rather than letting ourselves be dominated by it.

Pope Francis