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Reality television shows have always been a family's favourite for their diversity in content and the excitement they bring. However, at the same time, criticisms of these shows have been rising, claiming that these shows could bring negative impacts to teenagers' understanding of how a good human relationship should be established. In this essay, we will attempt to explore some of the advantages and disadvantages of the effects reality shows could bring to adolescents' human relationships.

Supporters of reality shows argue that some of the shows showcase positive values and its importance to teens. For instance, adventure shows that involve teamwork is the perfect example of how interpersonal trust brings success and happiness, while family-related shows bring out the significance of love and filial piety towards parents. Teens, who easily model after the actions they see, can thus build up good values.

Another argument in favour of the advantages reality shows brings is that the shows offer exposure to every kind of situation to its audience. Have we ever joined in a large-scale competition, and been confronted by thousands of rivals? Has anybody ever devoted your time to a wild and exciting adventure in the woods with partners whom you are not familiar with? I guess most of you would be shaking your heads to these. Reality shows, however, can broaden audiences' horizons by exhibiting various kinds of attitudes and ways people have developed to combat adversity. This, in return, helps the audience to come up with the best way to solve their own problems, especially social problems, as most of the difficulties that participants in reality shows face relates to relationship between partners or contestants.

Clearly reality shows bring a number of advantages in teen's human relationship. Then, what about their negative impacts?

A disadvantage reality shows bring is that some of the shows might encourage dating at young age, especially those relating to match-making. The shows often exaggerate the couple's joy so as to attract viewers, thus misleading teenagers, causing them to see only a fantasized romantic relationship, but ignoring the reality and conflicts brought about by an intimate relationship.

Another problem is that some shows set bad examples for teenagers. Reality shows that involve competition often show the intensive rivalry between contestants and highlight the conflicts among them, such as gossip, fights containing foul language, or isolation of contestants. These cruel and harsh acts would set awful examples for youngsters, and may even affect their ways of solving social problems

negatively, bringing out an increasing trend of bullying.

In conclusion, some people think that reality shows bring positive impacts, for they teach teens the importance of a number of positive values. Moreover, they expose teens to various situations, thus exacerbating their capability in problem-solving. On the other hand, others believe that reality programs might encourage teens to date irresponsibly and the terrible examples set are detrimental. In my opinion, the positive impacts reality shows bring out outweigh its negative impacts, as reality shows are educational, influential and entertaining at the same time. Furthermore, its negative impacts can be avoided through careful selection. Nevertheless, as more and more teens' human relationships are being influenced negatively by low-quality reality shows, the public should pay more attention to the issue and find ways to deal with the matter squarely.