

In today's world, where smartphones and social media bombard us with news, news addiction is a sign of the times. Paradoxically, though perhaps unsurprisingly, so is news avoidance. Such is the topic of this opinion piece published on July eighth, 2022, in *The Washington Post* and written by journalist Amanda Ripley, who uses her own experience to analyse the phenomenon of news avoidance and offer insights about how to write news in ways that won't make some people unable to stomach the news.

Ripley narrates how, a few years before writing this article, she started avoiding news, an unexpected development for a journalist with both a personal and a professional relationship to news. She reports that her case is not isolated as, according to research, almost half Americans, and more particularly women, deliberately stay away from news, at least some of the time. After pointing out the failure of news to improve our lives, she focuses on what she considers the core of the issue: a style of journalism that traumatises audiences. Ripley argues that human beings are not meant to absorb shocking news that is presented in a way that leaves them powerless. In contrast to the way the news is predominantly presented, she advocates a style of journalism which better fits the needs of human beings, highlighting three priorities: not focusing exclusively on problems but also solutions in order to nurture hope; enabling audiences to feel that they can be agents who have an effect on the world they live in, not just passive recipients of information about that world; and treating people with dignity.

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