



**HITHA**

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# *Social Media*

## **GOOD OR BAD FOR TEENAGERS?**

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This is an era of smartphones and teenagers do not remember a time before social media. Many teenagers survive on social media, whether by contacting friends, finding out what is going on in the world or following the newest social media celebrity. Teens learn to enhance social interactions through involvement in social media. Many times friendships on social media are extensions of existing relationships. Social media allows teens to cultivate new friendships and provides greater learning and social opportunities. Other benefits for teens engaged in social media include increased social confidence, more social support and high media.

Recently, there have been global issues creating havoc that many people have information about through social media such as CoronaVirus. Gaining this knowledge has certain benefits and disadvantages such as being aware and taking extra steps for protection, but it can have negative effects such as making us believe that we have no control. Social media helps us recognize problems and work together to take steps of precaution. Although social media raises awareness, if it is misinterpreted, it causes people to hate and being paranoid. Lately, teens are exposed to harmful concepts such as drugs & weapons via social media. Being a teenager myself, I must say that younger generations should be making the right choice as there is abundant information on social media.

Many teenagers use social media platforms such as Instagram and Snapchat to spread rumors and hateful comments resulting in Cyberbullying. Currently, enough is going on around the world to bring us down, the last thing we need to do is turn on each other. A lot of people avoid social media to stay away from the hate that many users experience. There have been multiple cases where nothing is said in the open, but on social media, everything spills out. This is because social media users sometimes believe that their screen gives them protection and what they say online does not affiliate with who they are. However, this is false. Things said on social media can almost always be tracked down to the sender.

Posting a criticizing comment on someone's feed is acceptable if it is constructive criticism. When the criticism starts moving away from the skill being displayed and more towards the person, it can be viewed as cyberbullying. People use social media to display things and moments that they are proud of. We should all be working on motivating instead of discouraging each other.

The users who post are not the only people who can be harmed by social media, viewers can be too. Especially viewers who follow and like multiple celebrities. Many times, people of fame are seen in a world of fantasy, where everything goes their way and they have no problems. These idealistic scenarios are not possible. Everyone has issues going on in their life, whether they be smaller or bigger compared to others'. It wouldn't help anyone to fantasize over the perfect life. A large number of social media users try to replicate someone else's life by putting all their energy into unnecessary & unwanted things. In these instances, it is important to remember that we are all different. Certain conditions are better suited for certain people and we cannot live as someone. It may be hard to be thankful for the things we have when others have more but being able to have a roof over our heads and read this article yourself should show how lucky we are.

Social media is a huge platform, and its size is still growing. Parents often do not know about the online behavior of their children and the YouTubers they endorse. Whatever your child is doing, it's important to be aware of their behavior and their wellbeing. If you notice big changes in their energy levels and enthusiasm for offline life, their engagement in normal conversation or the amount of time they spend doing other activities then talk to them about their use of social media. Instead of filling the conversations with hate, we should fill them with love and kind words. We can use social media to contact people across the world and find others with similar interests. Social media affects everyone, so why can't the effect be a positive one?