



The Truth about Social
Media: What You Need to
Know

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6A (10)

Social Media

People nowadays are literally hooked onto their devices, and it is very concerning. Do you know why they do this? Yes, because they are on social media. Whether it's sharing their latest selfies or a snap of a fancy steak, people will take delight in all they do online.

Pros and Cons

Social media can be good, but it can also be quite horrible. During COVID-19, people have been communicating using social media. Some examples are Facebook, WhatsApp, and Discord. For some people, social media has brought family and friends closer together during this period.

But, as I have already mentioned, social media can be a very abominable thing. There is a lot of bullying online and that is also the case with social media. Lots of suicides are caused by this. Bullying and abuse online can have devastating effects on people.

That's not all. Using social media can also affect people physically. For example, using social media before bed can prevent you from having a good night's sleep or maybe not even sleep at all! This is because using social media sets your brain on high alert and you will be worrying about little things like the comments you receive or something like that.

-Kevin

I think you have heard of social media before. Social media is a platform online where people interact with others, like Facebook and Instagram. If not used cautiously, social media could be your demise. There is so much proof that it's basically a joke denying it. So, read on to learn more about this thing called social media.

This topic is serious, because every year loads of people commit suicide, or commit other harmful acts towards themselves because of social media. But you might ask how an application can kill somebody. Well, I neglected to mention the one crucial factor: cyberbullying. Bullies love using social media to provoke or attack

people, because their identity is hidden. Organisations have tried to prevent bullying online, but although they try hard, many cyber bullies remain on the internet.

There is also the issue of sexual harassment. Online, people chat with each other and they usually don't know each other if it's on Facebook or Instagram. Some creepy weirdo may pretend to be a 10-year old girl and chat with random children. They may ask the kids to take photos of themselves naked and then blackmail the kid, saying that they will show people the images. And the children sent the photos, because it was their "friend" they were sending it to. To prevent this, educate your child on the topic as to prevent any problems occurring. This can cause depression, worrying, and maybe even suicide.

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All these problems, and all true. But, there are still more! How about peer pressure and blackmail? People may try to pressure others into doing something and the person who obeyed usually gets in big trouble. Then, the blackmail part comes in. For example, take this: If the person is about to tell someone about the peer, the peer will blackmail them, telling them that if they do so and so, they will do so and so. It usually works, and the peer gets in trouble and all and goes on to start some more trouble.

For children, this one is really bad. Here it is: Bad grades. That's what all parents dread, right? Using social media make them obsess on it and and makes them lose focus at school. So, next time your child fails

an exam, don't blame the education system, but first take a look at your child.

The problem of sleep issues applies to everybody on social media. Social media can cause insomnia because of either blue light from the screen, or because of worrying. As mentioned before, people tend to worry about how many likes they got, how many hearts, and if people like it or not.



Here are some names of social media apps that people use very often:

Facebook

Facebook is a commonly used social media app with over 1 billion downloads, which means a seventh of the Earth's population has Facebook downloaded onto their devices. Facebook is the most popular social media platform on Earth, and is owned by Meta, which is in turn owned by Mark Zuckerberg.

Instagram

Instagram is another commonly used app. Instagram is sometimes called 'I.G', and usually, celebrities will have an Instagram account, which makes the owners happy since more people use it because of the celebrity presence on the platform. On Instagram, people usually post short videos and

photos, just like on Facebook.
Discord

Discord is a chatting app which allows the user to chat with strangers in groups. People use this to converse with YouTubers (YouTubers love using this app) like Dream and Beluga. This app is highly dangerous as it allows people to chat with others they don't even know and that may cause other problems.

Conclusion

To conclude, social media can be great, but it can also be malevolent. During COVID-19, people have been keeping in touch using social media. There are many apps that people use, like Facebook and Instagram that help them communicate. For some people, social media has brought family and friends emotionally and socially closer together when you can't be physical close during these times. Unfortunately, for others, it has caused terrible emotional problems.

We should maintain a balance between using social media and real life to stay both physically and mentally healthy.

The End

