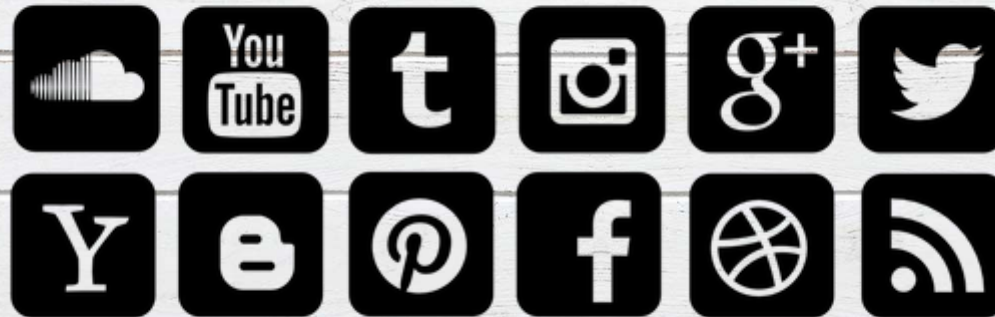
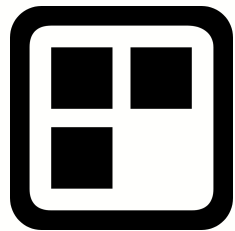


# Advantages and Disadvantages about Social Media



*Social Media has become an important part of our daily lives and it brings us convenience. Nowadays, people connect with each other with social media. Here's a fact: 88.8 percent of people between 10-24 years old own a mobile phone in Hong Kong. People of all ages are always glued to their phones no matter where they are. In this article, I am going to tell you two advantages and two disadvantages about social media.*



*Social  
Media*

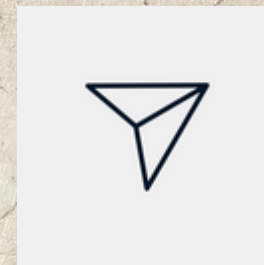
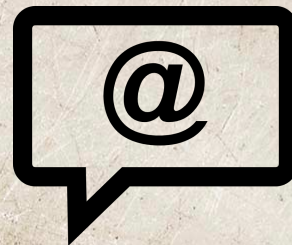


**The first advantage is on communication. Social media is very important especially in the time of COVID-19. It is much easier for one to hang out and chat with others online. Besides, using social media is good for our mental health when COVID-19 is around. People don't need to meet people in person. Instead, they can meet their close friends and relatives in a virtual space anywhere anytime.**



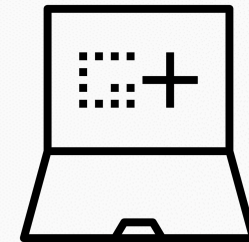
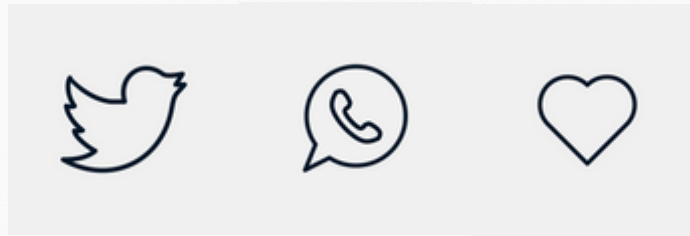


SECOND, SOCIAL MEDIA IS USEFUL FOR PEOPLE TO ACQUIRE KNOWLEDGE TOO. FOR EXAMPLE, ONE CAN FIND SOME USEFUL INFORMATION AND LEARN DIFFERENT LANGUAGES ON THE INTERNET. WE CAN USE SOFTWARE TO TRANSLATE WORDS IF YOU DO NOT KNOW WHAT THEY MEAN. MOREOVER, WE CAN FIND SOME E-BOOKS TO READ WHEN WE ARE BORED. THEREFORE, SOCIAL MEDIA IS TREMENDOUSLY GREAT FOR ACQUIRING KNOWLEDGE.





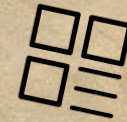
Next, I am going to talk about some disadvantages of social media. First, to give others good impression in the virtual world, people often post on Instagram and Facebook the photos that have been perfectly filtered. However, what we need to know is that always comparing ourselves with others can lead to low self-esteem. It also makes us feel bad about ourselves.







**In conclusion, we see that social media brings both advantages and disadvantages. We can enjoy the advantages if we can make good use of the social media. However, it does affect us in a negative way if we do not use it wisely. Therefore, having self-control is always important!**

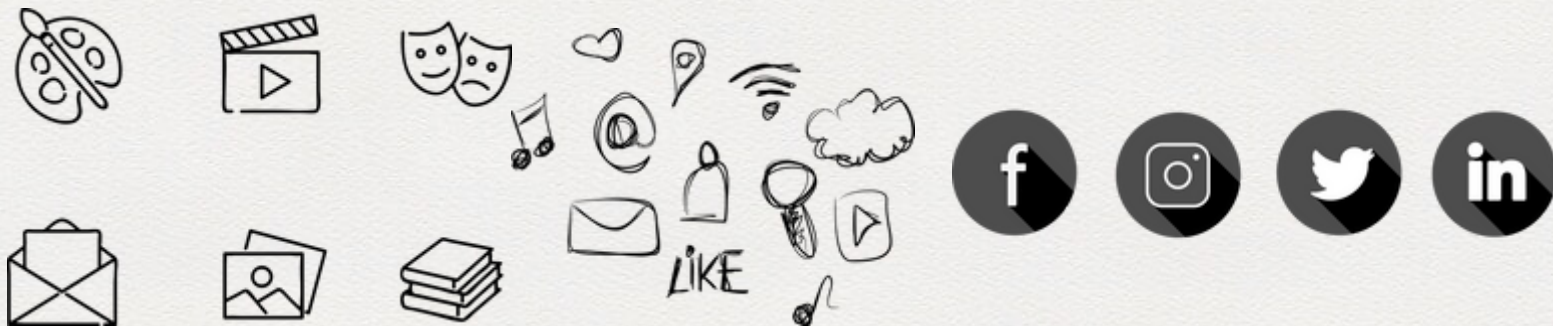


# More fascinating facts:

Over two-thirds of students ( both primary and secondary) spend one hour or more daily on using the Internet.

37% of students given up their outdoor activities over online activities.

45% of students have poorer academic performance due to the use of social media.





Bye Bye for now! 

