

SOCIAL MEDIA



Nauzer
Muhammed
Zishan 6A 17
SEKPS

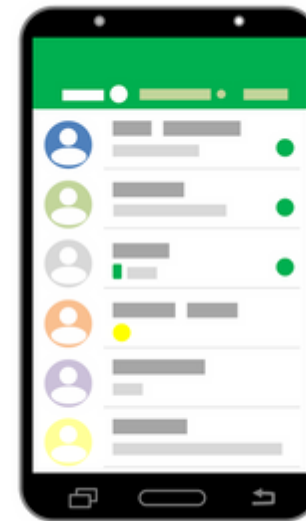
Introduction

Social Media is a platform where the citizens and the society can connect and communicate all over the world. However, in exchange to that, there are many disadvantages and even some dangers to be discovered in the platform. In this book, we are going to uncover the advantages and disadvantages of social media.



First advantage: Connect with family and friends!

Connecting and communicating with family and friends online is an obvious advantage, but people don't appreciate that we are able to do this, they just text but they never think what they would do if they didn't have this platform. It's so useful because it can remind, send important messages in emergencies. With just a few clicks, you'll be relieved and updated with some of the information your friend gives you!



Second advantage: Educational videos with fun!

Social Media is not only a platform for communication, but it is also a platform for educational videos with fun! There are so many videos online that can help with your education such as solving math problems, tips for writing, language learning, everyday news, common sense, and so many more! If you are stuck on a problem regarding schoolwork, you can easily look it up online! You can make or watch videos, but most people prefer watching since making videos may be a bit intimidating or hard to do. And most of the platform is filled with entertaining videos, with some that might just put a shiver down your spine! People just do it for entertainment and fun, and for their studies of course!



Third advantage: Help!

There are news every day about people getting into danger and accidents causing them to have major injuries that can lead to death, or even feel like they have a stalker. Sharing something about someone following you or something suspicious happening may help you on social media, but it's recommended that you call the police instead. If you think you are in danger but think that calling the police may get you into more trouble, then posting help on social media may get other people to call the police for you.



First Disadvantage: Stranger Danger!

Although texting family and friends help you a lot, mind that some unknown people may try to contact you. To be safe, we should block and report the contact/person, communicating with them can cause some problems as you may not know what you should tell and what you shouldn't. There are many cases in the news about cyber-bullying, being tricked into sharing personal info, being threatened, etc. If an online friend asks for personal info and something else that is personal, you should still block and report them. If you think you cannot handle it, ask an adult you trust to help you.



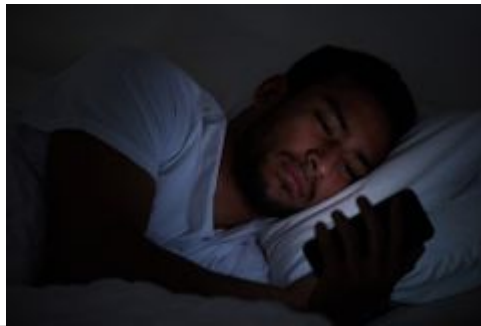
Second Disadvantage: Eyesight!

Even with all those advantages, you should still never stay on social media all day. It's better to take a break in between the time you use your device like the 20 20 method. Every 20 minutes, you rest your eyes for 20 seconds! Even if you use this method, try not to stay on social media for more than 2 and a half hours! Or else it may damage your eyesight, and it will be hard to see things as they may get more blurry! Setting up a schedule to use your devices is a good way to minimise screen time.



Third Disadvantage: Sleep!

Even though social media is very convenient, we cannot use it every second of our life. Especially before going to sleep, it may keep us up all night as we are constantly being active on social media when we get a notification. The aftermath would be having no sleep the next day, having poor work performance, feeling drowsy, etc. Though that is not the only thing that is bad, you may also have trouble sleeping. Using your phone at night results in long exposure of screen light which affects you going to sleep. The reason being is the light from the screen tricks your brain into thinking it's still daytime, therefore making it harder to fall asleep. So if you are trying to sleep, it's better to put away your device before going to sleep.



The conclusion to solve this!

With all the advantages and disadvantages, we should learn how to control ourselves. Although it may be so tempting to use your devices the whole day, you need to remember to keep yourself healthy and fit, by doing some outdoor activities and socialise with real people. Maybe even build up a schedule, but you should also protect yourself when chatting online with strangers, and ask help from an adult you trust if you must. -The end-

