

How Does Social Media Affect Our Lives?

We think that people should not use social media for long periods of time and only check it every so often because it can cause health issues, some bad people use social media and make fake profiles, you can become depressed and find it hard to socialize in real life and people get addicted to their social media pages.

Jakob: Social media can be a good and a dangerous thing at the same time. For example, Roblox is a game where you can play these games to put it better it's the new Minecraft people call it. There's this thing called live chat where you can chat to people. And strangers/pedofiles can ask kids questions like where you live, how old are you and tell them to meet somewhere. This happened in real life. This could happen on: Facebook, Twitter, Instagram, etc. Some people get addicted to Facebook and other social media apps and constantly go on their phone to check their post for likes and comments. But the good thing about Facebook is you can see what your friends are up to and catch up with relatives, friends, family. But bad thing is someone can hack into Facebook and find your password and make fake post/comments and find your personal information, credit card details, phone number, where you live. People can be mean on social media saying rude inappropriate comments. Can post a mean comment about you or someone else and could take credit for things you did. Like you drew this piece of art and post it on Facebook then someone can steal it and say "Oh I drew this" Or say "Oh I drew this picture you just stole it from me." STOP!

Lynton: For most of my life my Mum has limited my tech use so I have little or no access to phone, computer, social media and limited time on consoles. Now I know that some kids have it worse so I can't talk, but in fact I thank my Mum for what she did. If it wasn't for her I wouldn't be who I am today so I think that social media can have a bad effect on children but yet what my mum did affected my life. In the school that I'm in now we use a lot of technology and I know hardly anything about it, I'm even struggling to write this now. So the point I am trying to get across is that parents should limit their child's tech use but still teach them the basics.

Daniel: Some people don't use social media for lots of different reasons. One of the reasons some people don't use social media is because they don't want to be made

fun of. This is a serious problem because some people can get depressed and upset and do bad stuff. Social media can also be an addiction especially for young people this is bad for health. Going back to my first reason according to health.harvard.edu, being depressed and upset can release these bad hormones this is unhealthy for the human body and can give you a disease. Some people who are really addicted to social media sometimes forget about their family and only spend their time on their phone on social media.

Jacob: I think it's good that I don't have social media because I can see other people who have social media and it seems that for most of them it takes up a lot of time spent on their phone and some people become addicted to their social media pages. In my spare time I do active things outside and watch some TV but I think that if I had social media, I wouldn't spend as much time outdoors. According to ReviewOfOptometry.com, too much screen time can affect your eyes because the blue light coming from the screen can damage your retinas, plus a lot of screen time strains your eyes. The Sunday Morning Harold also says *"that every hour you spend sitting down looking at a screen takes about 22 minutes from our life span. That was contrasted with this study, which estimated that smokers shorten their lives by about 11 minutes per cigarette."* I need to cut down on how much time I spend sitting watching TV as well. There are other dangers in social media though, according to zephoria.com *"there are 83 million fake profiles on facebook and more than 1 billion people use facebook."* Some of these fake profiles are used to scam people by making them believe that they are trustworthy, like what happened to Carly Ryan. That example is pretty extreme but people still need to be safe while on social media.