

How Does Social Media Affect Our Lives?

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Social media affects our lives because it can distract you from doing concentrating on tasks, make you not getting enough sleep causing damaged eyes and people can say and do things without your permission..

Social Media can distract you from anything like everyday chores, or most importantly; driving. This is another example of how social media can be dangerous. [A recent study of 340 casualty car crashes in Victoria and NSW between 2000 and 2011 found that 0.9% of them were caused by mobile phone use](#) because people got distracted by phone calls and social media. If social media is not used properly it could lead you to a dangerous path. But soon enough this was fixed by a IOS update so the phone detects when you are driving and they won't give you notifications. That's why people that use social media should be careful when they use it and how they use it.

A lot of people are constantly distracted by social media, and this is a dangerous trait. A lot of people don't interact properly with each other because of it, and people get hurt. Although, there is a lot of people who use social media for communication and for fun, moderately. Social media can be a great pastime for when you are bored, or if you need to waste some time. There is also a lot of people who do not use social media, and this is usually extremely easy. Social media can also be very addictive, and one thing to do to not use the social media/s is delete the app and find a less addictive hobby; maybe play a videogame or make a small garden. That's why people should use social media in moderation or just not at all. 30 minutes or 1 hour a day is enough.

Social media is making people sleep-deprived as they are using into the late hours of the night. This is also bad for their eyes as the blue light from the screens destroys the retina. Social media also makes people less likely to talk with people in the real world than in the virtual world which makes them not learn the skills of talking and socialising with others. People can be addicted to social media which can make them sit there waiting for a reply that can make them depressed if they don't get a reply. Social media can be good because people can with friends and family that live far away and can be a great way to learn and get entertainment. Social media can be both amazing and horrible at the same time it's just that you have to be really careful about what you do online and on social media.

On social media a lot of people like to post things that they have seen done or heard. Some people talk to other people that they have never even met before and become friends with them. There are somethings you do have to be aware of. If someone asked if you could take a photo of yourself and send it them, you will have no idea what they will do with it. Other people might hack into your account and change your password. They could also steal your email and phone number and post things that you don't want to look at. Some of your friends might send you a really mean comment to one of your posts and it might not even be your friend they could be any one.