

The purpose of social media is to keep people connected and maintain interaction while they are apart. Engaging in various forms of social media has become a daily activity for most children and adolescents. However, as many of them are keeping their heads on their mobile phones and the computer screen more than talking face to face, they are neglecting rudimentary social skills. As a secondary school student, write an essay to be presented to your classmates. Explain this phenomenon and discuss the negative impacts on teenagers' social skills. You should write about 250 words.

Social media — pros or cons?

Social media has become an integral part of our lives, with many of us spending hours scrolling through our newsfeeds and engaging with others online. Although social media can be a great way to stay connected with friends and family, it can also impose a negative impact on our social skills. In this essay, I will argue that people should use social media in moderation.

To begin with, excessive use of social media can make people feel stressed and insecure about their life and appearance. Social media can easily let people see the carefully selected best parts of everyone else's lives, which always causes them to compare themselves with others who live a more glamorous or successful life. Also, seeing so many people who are supposedly perfect on a daily basis makes you be conscious of how different you look from those pictures, and you will start imitating other people who seem perfect superficially. However, this may not really be suitable for you, and you might simply be wasting time and money.

My second reason is that social media can be more addictive than cigarettes and alcohol. It has a powerful draw for many people, which leads to them checking it all the time without even thinking about it. Believe it or not, many people are addicted to social media at any time, including eating, walking, before sleeping, or even when using the toilet. In addition, social media carries your ideal wonderful world, which cannot be found in the real world. Therefore, people always enjoy the satisfaction brought by social media, which provides online games, online socialization, video clips, photos and so on to get people's attention. These can help relieve people's dissatisfaction and pressure from the real world and satisfy their spiritual desire.

A further point is excessive use of social media can lead to a decrease in face-to-face communication and empathy. As we become more comfortable communicating on screen, we may find it harder to engage in meaningful conversations with people in person and understand the emotions of those around us. This can lead to a lack of confidence in social situations and understanding of how our words and actions can affect others, as well as a decrease in our ability to read social cues and empathize with others.

In conclusion, excessive use of social media can lead to people feeling stressed, addiction and a decrease in face-to-face communication and empathy. It is important to be aware of the potential negative impacts of social media and to take steps to limit our usage in order to maintain our social skills.