

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.

Is social media good for our physical and mental health?

Nowadays, social media is very popular among young people, it has become an indispensable part of modern people's daily life. According to research from BBC (British Broadcasting Corporation), global netizens spend up to 150 minutes on social media every day. It is a terrible number. Nonetheless, is social media really good for our physical and mental health? In this essay, I will argue with why I think social media will have negative impacts on us.

To start with, as a thing that young people are very fascinated about, social media will make us feel stressed and insecure about life and appearance because youngsters always compare themselves with others who live a glamorous or successful life whereas they didn't see the efforts and costs behind those who succeeded. On top of that, they will also think that they should imitate others' magnificent lives, but they cannot afford it. For instance, some crazy young women will borrow money from relatives or friends to buy luxury goods. Nevertheless, they cannot settle the debt. They undoubtedly waste a lot of time and money to become 'successful people'.

In the second place, social media will distract them and their sleep. According to the data on the internet, more than 30% of students or staff did not pay attention at their work or class as they browse social media for a very long time. This will result in lower grades or work efficiency, and they will be punished by their teachers or their boss, and also become more and more fatigued. I deleted social media a week before, and I find that I have become more energetic. Hence, I haven't wasted time that should not be wasted.

Finally, social media will make people more likely to be jealous of others and lose social skills. As we know that, face-to-face communication, being outgoing and actively socializing with people are the social skills that are extremely important. Furthermore, some people may become jealous about seeing the successful life of others. Their relationships are more likely to fail because it leads to more arguments.

To sum up, I firmly believe that social media will have lots of negative impacts on us. It wastes a lot of our time and money and lets us feel stressed. It is hoped young people will be less addicted to social media in the future and have better relationships with people around them.