

Put down you mobile phone

The purpose of social media is to keep people connected and maintain interaction while they are apart. But, nowadays chatting with friends on social media almost 10 hours per day is common among teenagers. They keep their heads on their mobile phones and the computer screen more than talking face to face. I think this will cause many negative impacts on their social skills.

First of all, they rely on the social media to chat with others instead of talking face to face. In a long run, they will become afraid of talking in front of his classmates or even scared of chatting with new classmates. As teenagers rely on social media, they will become extremely timid to talk face to face.

In addition, since they are afraid of chatting or talking with others, they can't make friends. There's no doubt that friends are very important in our life. They can help us when we get hurt, we can also share with them our happiness or sadness. We can also learn some social skills from friends, such as how to control our feelings, how to be a good listener. Therefore, if teenagers didn't have friends, it will be a big problem, and due to the lack of face-to-face practice building up relationship with people, their social skills will become worse.

Last but not least, poor social skills will make others misunderstand them more easily. But the problem cannot be solved easily. This will make them hate to communicate and make friends with others. At last, they will like to stay at home instead of going out and play with friends.

In conclusion, keep using the mobile phone to chat with others but not face to face will form a vicious cycle – as teenagers indulge in social media, they will be afraid of chatting face to face, then they may find it hard to make friends, their social skills hence weakened, and they can be misunderstood by others. At last, they would choose to stay at home only and use social media to chat with others again. So 'put down your phone and make friends with others.'

