

Are social media really suitable for teens?

Nowadays, many teenagers have their own mobile phones and spend a significant amount of time on social media platforms and computer screens rather than talking face to face. While the Internet provides convenience, is it really suitable for teens to abuse the usage of it? In my opinion, teenagers should not be on social media uncontrollably because it can lead to their neglect of rudimentary social skills.

Firstly, excessive use of social media can lead to Internet addiction and reduce real-life socializing. A survey conducted by HKLSS involving 2000 teenagers revealed that 51.8% of interviewed teens spent at least four hours a day on social media, which reduced their opportunities to communicate with friends and family. As a result, it is easier for them to have arguments with people in real life because they have spent too much time on social media and lack the habit of caring about those around them. This lack of social skills can result in a lack of caring and proactive greetings.

Furthermore, misinformation can be spread to mislead us. While there is a lot of content on social media platforms, some of it can be misleading. For example, some channels record videos to prank others. If a young person imitates the internet, they may not know how to take care of others' feelings in reality. This can cause others to have a bad influence on them. Not using proper social skills like respecting others can further affect relationships.

In addition, the Internet and social media can become a breeding ground for bullies, also known as cyberbullying. Bullies can send vulgar, harassing, or threatening messages to victims in anonymous comments. If an ignorant child learns to express opinions directly and impolitely online, they may develop a bad temper and use foul language or even violence to attack people around them. This lack of social skills in emotional accusation and judgment can make it difficult for them to communicate peacefully with others and improve relationships face to face.

In conclusion, social media is not suitable for teenagers and adolescents. It can be addictive, bogus, and misleading, and can cause teenagers to lose interest in real life and further reduce their social skills when communicating face to face. Useful social skills cannot be learned on the Internet and used in reality, but they can be learned in reality and used on the Internet. Therefore, we should remind teenagers to focus on living in reality instead of the virtual world.