

### **A Letter to the Editor**

Dear Editor,

Nowadays, as the status and influence of social networking sites like Facebook and Instagram keep raising, many teens feel a lot of pressure to look ‘beautiful’ and ‘appealing’ to get ‘likes’ with their photos. I am writing to express my views on how teens can stay healthier on the social networking websites.

First of all, one of the reasons why they are so eager to post their photos on the Internet is that they care about their body image and appearance. Lots of teens are worried about their looks now. They are anxious about getting rid of ‘defects’ such as acne, pimples or greasy hair, but they are too shy to seek help from the adults. They may turn to the Internet for solutions. They show their own pictures to ask for advice. On the other hand, some of them don’t have those problems and they are confident of their good appearance. They will upload their pictures on the social networking sites so as to get more ‘likes’ from their peers. I think young people are worried too much about their looks or other people’s impression on them. It is a wrong to rely on how many ‘likes’ they get to gain satisfaction. I think teens should stop feeling good about the ‘likes’ blindly as they will feel the ‘emptiness’ one day. Some teens may even want to change their looks for getting ‘likes’. If this wrong mindset doesn’t stop immediately, something bad will happen. They may undergo plastic surgery, which may ruin their looks by accident.

Secondly, most of the teens have the wrong values of inner beauty. They often judge people by their looks and try different methods to help them improve their appearance shown on the Internet. However, there are lots of useless methods. Some of them may even affect teens’ health. For example, wearing too much make up will not help enhance one’s real appearance, but the poor-quality cosmetics may harm their skin. Teens should be more open-minded and avoid being controlled by the ‘authority’ of the Internet. They need to improve their inner beauty, not their appearance.

Finally, how to live a happy and confident life is also crucial for teens. Sleeping earlier and finding the right ways to relieve pressure are important. They can solve the problem of pimples and acne. However, teens nowadays tend to go to sleep after midnight, which is a bad habit. They should sleep earlier. When they are full of energy every day, they will feel more confident about themselves.

‘Don’t judge a book by its cover.’ However, they are so many people judging their own value by their looks only. This is not the correct way to see one’s value. I hope my views can help the confusing teens to have the right judgement on themselves.

Yours faithfully,  
Chris Wong