

## **Is the constant use of Facebook bad for teens?**

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Recent survey showed that over 92.9% teens in Hong Kong are Facebook users, while 66% of them browse Facebook daily. These percentages are, obviously, astonishingly large. Clearly, most teen Hong-Kongers are deeply influenced by the reign of Facebook on the internet. Then, is Facebook beneficial, or would it affect teens negatively?

In my opinion, the constant use of Facebook is bad for teens.

The first and most important reason is that Facebook acts as a media of spreading inappropriate contents, for example those related to violence and sex. As Facebook is an open social media, it is hard to censor the content of information on it. I myself, as a Facebook user, think that 'usual' should be the appropriate word to describe how frequently I am showed improper materials while using Facebook without my consent. Teens with immature minds would be easily brainwashed and their values may be affected by constant exposure to these improper materials. They may fail to identify the rights and wrongs of those beliefs in the long run. That explains why Facebook is dangerous, poisoning teen's mind with its sugarcoat.

Another critical reason is that constant use of Facebook increases the rate of online addiction. Teens are non-stop wasting precious time that is supposed to be used on other more useful purposes, such as studying or learning a new skill. Online addiction also worsens teen's physical and mental health. Online addiction may cause headaches, backaches and disturbances in sleep patterns, while senses of dishonesty, depression and defensiveness trouble the victims. Such negative effects are significant proof that constant use of Facebook is bad for teens.

The final reason is that teens are becoming more vulnerable to online crimes through the constant use of Facebook. As Facebook is a social media with the function of making friends, constant use of Facebook increases the possibility of teens getting in touch with strangers, who are potentially dangerous, as these strangers may steal teen's personal information, or trick teens into lending them money.

In short, as constant use of Facebook brings teens negative impacts such as exposure to improper materials, exacerbate internet addiction and increasing vulnerability to online crime, constant use of Facebook should be discouraged.

Indeed, the particular matters and consequences that this era of Facebook brings should be properly dealt with and faced squarely or this generation would have to face the plight of an undesirable and unthinkable future society composed of bad health, increased crime rate and altered values.