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SOCIAL MEDIA AND THE EFFECTS ON TEENAGERS

St.Trinnean's School



Written by Chiara Cescon

Throughout the years many platforms have changed loads, for the better and for the worse. Most of us use them to socialise, or just to have fun, but they have a massive impact on us!

I believe that all of my friends, and myself, use social networking and, to be honest, we're on the phone 24/7. But social media has its benefits and disadvantages, for example, you may feel less isolated, you can share your thoughts and also communicate. Anyway, there are lots of risks. You may be bullied, you can be harassed and your self-esteem may go down. That's why we have to protect ourselves, by not giving out personal information, and not talking with strangers.

What I enjoy the most is that whenever I'm bored, I chat with my Discord friends. If you don't know what Discord is, let me explain. Discord is a social media platform which specializes in audio and text communication. It's similar to Whatsapp but in my opinion it's more interesting. You should all try it out!

All in all, social media can help you but at the same time it can hurt you. What about you? What's your favourite app? Leave your answers below, I'll be reading them! I'll be looking forward to your answers!

ARE YOU SURE YOU KNOW EVERYTHING ABOUT SOCIAL NETWORKS?



Effects of social media on youth

BY MARIA CROLLI

I'm sure many teenagers had once taken part in a social network. They help us to get involved in other people's lifestyles or even get informed! But sometimes they can be addictive and cause several problems on your daily life or your self-esteem.

Why social media can be so harmful? Well, first of all, you don't really know who is behind the screen or which their intentions are - it happened to me that I talked with strangers. Secondly, not having as many likes or reactions as your friends can hurt your feelings - Many mates were down because of that and I had to cheer them up.

Anyway, social networking isn't always bad. We can use these platforms to spread awareness on what is going on nowadays or to share our voice though we don't have many followers. What's more, you can keep in touch with friends that you haven't seen for a while and don't want to lose.

I feel that as long as you're conscious of what social networks are for and you use them in the right way, you should give them a try!



HAVE YOU EVER SPENT A WHOLE DAY USING SOCIAL NETWORKS?

BY MARTINA GARCÍA PICOUTO

We all have once spent hours using social media sites whether to talk to our friends or check our favourite artist's last tweet. But, are you aware of the consequences of this overuse?

To begin with, I'll ask you to go and see your reflection in a mirror. Can you look at yourself in the eyes and say that you're truly okay with the way you look? If your answer is no, this could be because of the high standards we come across everyday when we see an Instagram post. Many teenagers feel insecure about their body image and feel they're not good enough, because of the way these platforms and society asks them to be.

What's more, people only show their pink and happy lives on social networks. By this I mean, they don't talk about their rough times and it seems like they don't even have them. Popular beings don't let us know what's really going on inside their heads. We just see a little part of events, awards, trips and meetings.

I'm really sure that if you go down your notifications, followers or dm's you'll find at least one interaction with a stranger. This can be really dangerous because as we're young and naive, we're just looking for friends - even if they live miles away or we haven't seen their faces. We actually don't know who we're talking to. It could be a hacker or a pedophile.

To sum up, I'm not saying social networking sites are a bad thing, but we should be more conscious about their use and check how they make us feel. I believe that we need to know that not everything we see or hear there is completely true.

THE DARK SIDE OF SOCIAL MEDIA



HAVE YOU EVER WONDERED ABOUT THE NEGATIVE EFFECTS THESE APPS HAVE?

By Morella Gattone

What attracts me most about social networking is the huge impact it has on teenagers. It's a great way to spend time, just tapping and swiping. But have you ever wondered about the negative effects these apps have?

These sites can be extremely harmful for your mental health. They can lower your self-esteem and make you want to resemble people that look like that just for the screen! We tend to try and be perfect when we already are!

What's more, other problem teenagers have to face while using these apps are the ones they can't even notice. It's their addiction to their phones. Nowadays, young people aren't able to stay a minute away from their phones and that's hurting them. It's taking them away from their friends and family and it's damaging to their bodies and brains.

To sum up, we should all use these platforms wisely and try not to be so moved by what others tell us or what we see. This is a problem we'll need to keep on working.