

Social media cons

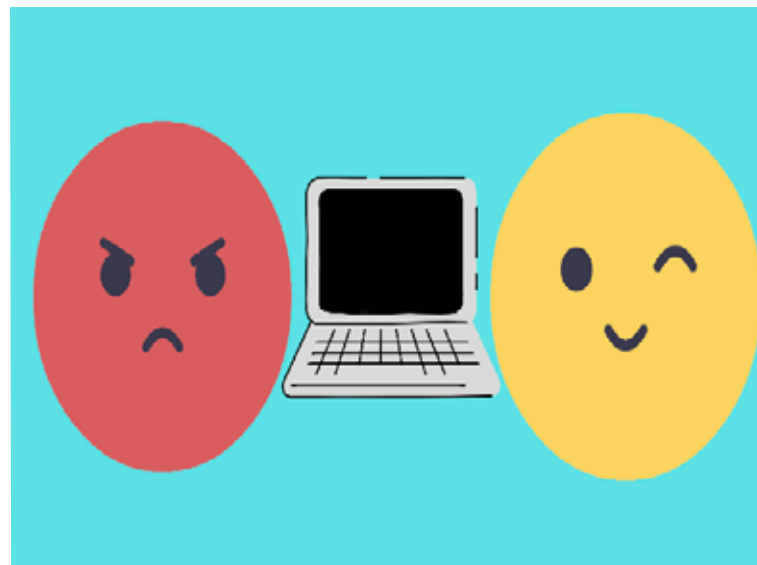
By: April Lawyer @Aplawy

It seems like everyone these days either has a Snapchat, Instagram, Twitter, or Facebook. To have only one, or none at all, is quite strange among highschoolers. But what if this is the way to go? Social media certainly isn't a necessity, and according to some studies, it may have negative effects on the people that use it. It's time to ask ourselves if the stress and drama of these platforms is really worth it.

Sometimes, it can be taxing to go on social media. It seems like people get more and more stupid everyday, and that humans as a whole are becoming worse. Videos of people screaming at each other, acting idiotic, and showing off their worst side are some of the most viral ones out there, which can create an illusion that more people act this way than is true. The worst humanity has to offer is likely going to be filmed because of how horrible they are. In turn, they will get a lot of attention online. When all we see on social media is people acting terribly, we're going to get a bad impression of people as a whole. When in reality, these folks are just a loud minority. There aren't many people like them, but people are so loud, it seems like there are a lot. Witnessing their stupidity through social media paints a bad picture of humanity, which is another reason to drop the thing altogether.

More than that, there is empirical evidence that social media is bad for mental health. According to the Mayo Clinic, one of the leading institutes in medicine and health, found that there are strong links between prolonged usage of social media and poor mental health. A study involving thousands of 12-15 year olds found that those that were

on social media for more than three hours a day were more likely to develop such problems as depression, anxiety and overall poor mental health. I believe this is reason enough for people to either cut down on social media by as much as they can, or if possible, completely. There are already enough stress factors in our lives today, such as worrying about graduating,



There are many strong opinions about social media. Some are positive and some are negative.

homework, and the ACTs. What is the use of adding one more that could tip us over the edge?

To be without social media is not such a bad thing. You may miss out on a few funny memes (though honestly they're never really all THAT funny, are they?) and a couple of snaps from friends, but in the long run it will be worth it. Ask yourself. What is more important? Your likes or your life?

Social media pros

By: Maggie McAllister @maggiee_23

Over the past few years, social media has gotten a very bad reputation. With things such as cyberbullying, body image, and difference in opinion, social media can cause a whirlwind of emotions and can have extreme negative effects on teenagers' and even adults' mental health. As a teenager who has experienced the dark side of social media, very low self esteem and bad mental health, I can definitely agree that social media

can be a very toxic place. But as I have learned to grow and look at the positives in life, I have also found the positives in social media, and I now do not see it as a toxic, scary

place but as an escape and even a confidence booster. Like many things in life, I believe that there are many positives to social media.

Social media is a way for everyone to express their creativity, and even get recognized for it. Some of the most famous celebrities today started on social media. With just a few pictures and videos, people are able to showcase their talents and creativity for everyone to see, which can really pay off in the long run. While doing this, it can also help increase a person's self-confidence. Not only does it help showcase the talent and creativity of some people, but can also inspire new interests among people. Influencers and

celebrities with big platforms have this effect on their social media followers. Seeing your favorite celebrities doing something new could spark new interests for people, that could lead to new careers and opportunities in the future.

They always say that a picture is worth a 1000 words, and I believe that is very true. People can tell a lot about a person through their social media accounts. It can even be a way to earn a job, new opportunities and even life long friends. A lot of friendships are started through social media. Sometimes people are easier to talk to behind a screen. People may feel more confident or more brave when they are able to type their feelings rather than say them outloud. Having self-confidence is one of the hardest things for a teenager to do. Through all the comparison and false advertising of the world, it is extremely hard to feel satisfied with the way you look. However with social media you have so much freedom. You get to decide what you post and how you look. You are able to be yourself and feel confident. You have control of how you look, feel and portray yourself to your social media and the rest of the world.

Social media is also an incredible escape from reality. Teenagers experience many different forms of mental health issues and stress from school, sports, activities and many other things. It makes sense that sometimes we just need a break. A great way to do so is to just scroll through Instagram or Tiktok and look at things that make you happy. It's not procrastination, it's not a distraction, it is simply a break from the harsh world that we live in.

Social media should not be attacked just because a few people see it as negative. Many people love being able to express themselves creatively through pictures and videos. It is still not okay to live online and shut out the world completely, but it is okay to let yourself relax and scroll through your phone without feeling guilty about being "addicted to social media."