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Social Media: Toxic or Helpful?

The long-running question all parents and teachers ask themselves is, "Is social media healthy for teens?" Many people would answer "No" to that question, and they'd be right. Kids can learn a lot from scrolling on Tiktok or Instagram, but it's not always good what they learn. There are many reasons why social media is nowhere near beneficial for students but the three main ones are that it can disrupt their school life, display habits of cyberbullying, and show damaging and unrealistic views of others' lives.

First, social media can affect school life for students because it can distract them from their studies. Students are more likely to scroll through social media for hours upon hours instead of doing their work. According to the article, "The Effects of Social Media on the Undergraduate Students' Academic Performances", "social networking is absolutely affecting students' effectiveness as well as their grades," (Mushtaq 6). Studies were done on students from the same article stating that "the study described that the positive impacts of social networking sites on their academic performances appears to be considerably low," (Mushtaq 12). This proves that social media is negatively affecting school life by distracting them, even if they think it is helpful. Students should distance themselves from having social media networks on their devices due to the lack of productivity in their studies.

Additionally, social media can promote habits of cyberbullying. It is way too easy nowadays to bully someone online through social media networks. According to the article,

"More Time on Social Media Increases the Risk of Cyberbullying in Teens", "A 2018 Pew Research Center survey found that 59% of teens have personally experienced abusive online behavior," (Evolve Treatment Centers). That's more than half of teens in the world being bullied through the internet, which is a lot for a student to handle. Bullying can cause depression or anxiety, and that's a lot to put on a kid who hasn't gotten even halfway through their life. This type of bullying is very toxic because online people have no filter whatsoever and can say whatever they want to others. Although there are ways to avoid cyberbullying in teens, it should not be happening in the first place.

Lastly, social media gives students and teens very unrealistic views of others' lives. Like it's said in the article, "Effects of Social Media on Teenagers", "Teenagers on social media spend much of their time observing the lives and images of their peers. This leads to constant comparisons, which can damage self-esteem and body image, exacerbating depression and anxiety among adolescents," (Newport Academy). That is basically saying that social media can be very damaging to a teenager's outlook on their own life. People say that seeing other lives on social media may be inspiring and motivating, but not everything is always as it seems. When someone tries to achieve a life that someone else has, they will most likely fail because they're trying to live like someone they're not. Teens should not spend their time scrolling on social media looking at celebrities or other peoples' lives since it causes them to try and find happiness in a lifestyle that's not their own.

Overall, it is concluded that social media is unhealthy for teens and kids. Students procrastinate in school because of the apps on their phones or computers. That also puts them at risk for cyberbullying and harassment online. It is so easy to lie on the internet, which means that teens can look at someone's post and think they can achieve the same results by using a particular

product or doing a specific routine. All of that is guaranteed to cause mental health issues in teens. Those issues so young is wrong, and shouldn't be happening. That is why social media is considered to be toxic for not just teens and kids, but for everyone around the world.

Works Cited

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