

## Peace Maker, Soul Breaker

Social media has become an outstanding way to communicate and share information in our society. It has changed the way we live and gives us the chance to share our opinions and connect with others. However, social media comes with its difficulties. With the rise of cyberbullying and many argumentative protests and fights, we must be aware of its risk. However, we can choose to make a change, create peace and use these platforms for good. Social Media is destroying and building our society.

The pros of social media create its outer border that makes these platforms shine. On the outside, social media isn't really all that bad. Social media can help build and bring together communities. Matter of fact, it actually has done that before. According to Bunse, Simone. "Social Media: A Tool for Peace of Conflict?" it says "In 2009 in Moldova, for example, young people relied on Twitter to oppose the country's communist leadership. In Iran, citizens used Twitter to organize protests against the results of the 2009 presidential election, leading to calls for Twitter to be considered for the nobel peace prize. During the Arab Spring in 2011, protests in Egypt and Tunisia took to social media platforms to organize, spread their message internationally and ultimately overthrow dictatorial regimes. Particularly in repressive regimes, social media has been a communication channel for people to stand up for human rights or share evidence of human rights abuses thereby preventing government monopolization of information." Social media also allows us to communicate and network with others, raise awareness, promote, and join important causes, associating business, sharing information, and sharing creative hobbies. This can help build peace and bring people together because it helps

people connect and finally be able to understand one another. Giving one another the chance to share and speak out for what they love and believe.

On the other hand, the cons of social media can extend long and far depending on the point of view taken into accountability. Social media as stated before is a great place for people to share opinions, creative hobbies, and even associate business. However, not all about social media is positive. The first concept to clear is illusions vs. reality. Illusions and reality are two very different concepts that can be hard to accept as different from one another. An illusion is the act in which someone wrongly interprets something. An act in which something may appear to be real but is actually not. Reality, on the other hand, is what actually exists. It's the truth and it's real, whether humans like it or not. Social media lives on illusions and while they can be fun and entertaining, it's important that we learn that it isn't healthy to believe in them. By people believing in these illusions, a person's mental health and relationships can fall apart. On the other hand, by staying in reality, people can make better decisions and live life with intention and purpose. This brings us to our many issues with social media: A fear of missing out (FOMO), Incompetence with life or someone's self-image, depression, anxiety, and cyberbullying. Many people are aware of the effect social media has however, the manipulative and attractive side of social media pulls us in and traps us in the world of chaos. When on social media the brain gets a sudden hit of dopamine. Dopamine is a type of hormone and neurotransmitter that supports the body's mood, memory, movement, and sleep (ect.). This hormone plays an important role in the body, similarly, it also plays a small role in the body's flight or fight system. It gives the body a sense of pleasure but too much dopamine can be deadly for someone's mental health. On January 3, 2023 a study was conducted on two-hundred sixth and seventh graders. The study tracked the

usage of their social media time and results showed that kids who had more screen time had increased stimulation in certain parts of the brain. This means they were more prone to peer feedback and hypersensitivity which could lead to impulsive behavior and control. This could cause the child's relationships to fall apart and the child could start to lose sense of what they want to do and who they want to be.

But how do we change these perspectives and create peace on these platforms? First, it's important to learn to respect other people's personal space and limits. It's also important to know your limits and be respectful to yourself. Educate yourself and others about fairness, and how to work together. This is how peace is built; on the trust and dependency of others. Use the arts to express how you feel and allow others to do the same. It's important to hear each other out for what we want to say. Learn to communicate and build healthy relationships and eventually peace will find its way through. In the year of 2019, A famous youtuber of the name Mr.Beast started a challenge called "TeamTrees". #TeamTrees began in May of 2019 when a fan challenged Mr.Beast to plant 20 million trees to celebrate reaching 20 million subscribers. The challenge reached its goal and over 20 million trees were planted. The project brought awareness to taking care of the earth and brought many people together. This year of 2023 he also started the challenge of #TeamSeas. \$1 that is donated is 1 pound of trash removed from the sea.

In conclusion, Social Media is destroying and building our society. The pros and cons of social media balance out the view of it. Without social media, the growth of our society would be nonexistent however, with social media the arguments and destructivity of relationships are more likely to happen than before. Learn to build trust, respect others, create boundaries and peace will find its way into yours, your communities', and many other lives.

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