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Social media is unappealing and has gravely hindered our ability to build a peaceful environment for ourselves and others. I mainly feel this way because although I do not use social media myself, I rarely hear of anything good coming from it, and admittedly, all of the "benefits" that I have heard from it are pretty questionable at best. Allow me to explain.

Firstly, let me take a crack at debunking the biggest benefits of social media that I know of, that being that you can meet new people and chat with them from anywhere around the world. This might actually be considered a hinderance because you can do this in other ways other than social media, like actually meeting people face-to-face. But, because of social media, many people—especially young people—are losing this ability to communicate with others right in front of them. This is sad, because many people would rather talk to somebody behind a screen rather than in-person, which could be an unhealthy side-effect of only "knowing" somebody online.

The second "benefit" that I hear of often is that you can keep up with what's happening with your favorite celebrities. But, honestly, do you really need social media sites like Twitter or Instagram for this? You can do this just as, if not more effectively, through media outlets like TMZ or, just go on YouTube. Better yet, you could read actual articles, which would improve the literacy in this country.

In truth, there are more ways that social media has done harm to society, than good. For example, I'm told that prior to social media, more people were focused on the present and living life to the fullest, and there weren't as many societal pressures.

However, with the introduction of social media, far more people have become plagued with issues. These issues include (but are not limited to) addiction, sleep deprivation, arguing online, caring about others' unnecessary opinions, insecurities, and a pressure to present a fabricated version of yourself. Not only that, but social media is now a constant presence, so not only might we have to deal with bullying at school, but also at home due to cyber-bullying. In that way, social media is inescapable, whether we want to connect with it or not.

This all goes to show how detrimental social media has been to our generation, and how the negatives outweigh the benefits. I'm probably biased though since I don't really see the appeal of just scrolling on your phone endlessly in the hopes of seeing *other* people having fun. Surely there are better uses of one's time.