

Social Media Influencing

By: Marit Haugn

By 2021 there will be around 3 billion people actively using social media monthly. Social media is “websites and applications that enable users to create and share content or to participate in social networking”. Social media is very popular in my friends and families lives. Most of my friends and family members have TikTok, Snapchat, and Instagram. I’m not allowed to have any social media except TikTok. My mom doesn't want me to have it because of how negatively it can affect people's lives. Like I said, TikTok is the only social media i have, and it's very addicting. I put a screen time on the app so that I can only spend about 30 minutes on it each day. If I were to join any other social media platforms I’d probably only join Snapchat, so i could better communicate with my friends. Social media has people on it from across the world. I follow people from all over the world on TikTok. People everywhere can influence people's lives, in good ways or bad.

Social Media can be bad in many ways. It can cause people to feel horrible about their bodies, lives, friends, and many other things. This can cause division in communities if people are friends. What if someone posted a picture of them with someone, or doing something fun and someone got mad at them, or they got hate for it? This happens all of the because of social media. There are a lot of famous or not famous people on TikTok that get hate for being talented, different, or even the same as everyone else. It hurts people's feelings, and then when people get hurt from it people just say they “can’t take a joke”. This has happened before to one of my best friends. She went on instagram or snapchat one day and say all of their friends hanging out

together without her. It made her feel really bad about herself because she thought they didn't want to hang out with her. It ended up getting worked out, but none of it needed to happen in the first place.

Although it can be so negative, social media can also be used in very positive ways. It can be used for people to make more/new friends, help people stay connected, and keep them up to date with the world. Some ways people can stay connected are Facebook groups, group chats, or stories. Each of these lets people talk to each other that have things in common, or let people know stuff about your life. It can help people find new mutual friends too. Social media can also keep people connected to the world. There are a lot of newsgroups on social media that post about up to date news.

In the Declaration of Human Rights (UDHR), it states that people are free no matter what their background is or who they are. It doesn't say that you can do *everything*, but it says you are free to live. People might take this the wrong way and think they can say anything without their words having any consequences. They might think that they can say anything to anyone and it won't matter. It might not end up mattering to them, but it could to someone else. This isn't the Declaration of Human Rights fault, it's just that the person is over exaggerating what it says they can do. The UDHR doesn't say you aren't allowed to do it, but that still doesn't mean it isn't right.

The negative aspects of social media can be fixed. It might be hard for some people, but with work it can happen. People being mean or hurtful on social media can come from different things. Sometimes they didn't mean it in a bad way, or they might have struggles in their life that they don't know how to deal with. If someone hurts you on social media you can always at least

try to talk to them about it. It won't always work, but sometimes you can at least better understand what's happening. If you really don't want to you don't always have to talk to that person. You could tell a trusted adult about it and they might have better input on what to do next. Sometimes you can't always fix issues though. The person that it putting negative energy into the world might be the only person that can fix issues they started. One thing that everyone can do all of the time, no matter what the situation is, is to think through your actions. If you want the problem fixed then think through the best way to go about it. Don't make impulsive decisions all the time because that might make everything worse. Everyone is different, so every negative thing will have to be fixed differently.

Social media can be very addicting, and a lot of people around the world and in my life use it. Social media can be used in many negative ways. Most of them bring people down, and make people feel bad about themselves. Social media can also bring people together, and open new doors in people's lives. It brings people together but can tear people apart at the same time. In the future, you never really know what's going to happen. As of right now, social media will probably just get more and more negative, because not enough people really listen to anyone about what to not put out there. There are people trying to make social media and just life in general a better place, but not enough are listening to them and putting effort into better cause. If people were to start listening and putting an effort to get rid of all of this negative energy, then social media could be a much better place that embraces positivity, and brings people together.