

8th

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Essay

Social media, according to Cambridge Dictionary is websites and computer programs that allow people to communicate and share information on the internet using a computer or mobile phone. Snapchat, Instagram, Twitter, TikTok, and Facebook are some of the apps you might recognize. Social Media is a controversial topic worldwide. It can be used to communicate in a fast and efficiently, but collectively, destroy relationships we have in our lives. It can have a negative impact on ourselves, our friends and even our community. The effects of social media are dividing and is very damaging. With the right tools, social media can be engaging and inclusive for everyone.

Social media can be a negative influence on ourselves, our friends and our community. An example being lowered self esteem. When people continue to post about the 'happy' life they are having, and don't live up to it, it creates a sense of sadness. "Research has also shown that Facebook users are becoming increasingly depressed from comparing themselves to their own profile. Meaning that if a person's reality does not match the digital illusion they post on their profiles, emotionally, one may feel they are not living up to the 'best' form of themselves." (Silva, Clarissa) Social media has created this idea that your posts have to live up to society's standards but in reality , you are not living up to those standards, which brings you down even more. Changing that is going to take a lot of effort and time, with the help of our community.

Social media, can have effects that can be divided into our community. One example is cyberbullying. Cyberbullying is someone who uses the internet to harm or frighten another person, especially by sending them unpleasant messages. More than 1 in 3 young people have experienced cyberthreats online ("Cyber Bullying Statistics.") Bullying physically is usually

associated with people who have brawn over brains, but that isn't the case with cyberbullying. Anyone can be a cyberbully, no matter how big or small they are and that's what is most dangerous about it. Another example is online predators. The bad thing about this, is that these people can be anywhere and you wouldn't even know it. Sources say "Predators aren't scary looking and don't stand out. They look like you or me or anyone down the street." Recent studies show that more than 500,000 predators are online every day. This is a serious problem that needs to be dealt with for social media to be safe for all users. Social Media and its negative effects are damaging but when used correctly, it can be used with trust and care.

Although there are bad effects of social media, but we can use our resources to recognize ways that social media can be inclusive and engaging for all of its users. A way we can use social media is to raise awareness of certain issues for the better. An example is the Australia wildfires, Most people wouldn't be aware of this topic if it wasn't for social media. According to sources, an estimated of more than \$140 million has been donated for bushfire victims across the country (Mellis, Eilidh). Millions have shared this horrid topic on social media. We will continue to support the victims, with the help of social media. Another way social media can be used for good is by giving support to those in need. John Holmes once said, "There is no exercise better for the heart than reaching down and lifting people up." ("Helping Others Quotes (503 Quotes)). Remember everyone has issues to deal with and sometimes doesn't have the support circle other people have. Social media is one way to connect and support people through hardships in life. One last way social media can be used for good is by helping out with local events. One positive thing about Roseville is it has a local Facebook page to inform you all about the events happening in the city such as the Snowshoe by Candlelight at the Cedarholm Golf course, the

Chinese New Year celebration at the Harriet Alexander Nature Center (HANC), or the safety awareness/ self defense class. I find this is very useful for our citizens and should be used as a model for other cities that might not have this privilege.

In the end, what lesson is learned? Social Media is here to stay. Although it has some bad effects, it can be used to make our lives more positive. Social Media can be used to promote an understanding of the principles of justice, equality, and mutual respect here in roseville.

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