

Social Media and Human Rights

We all have the right to play. Which basically means we all have the right to relax and have leisure time. We are seeing more and more of that time being consumed by social media, so how does that affect our community?

Social media is like its own community. Even though you see some of the people in real life it takes your focus off of the actual community where you physically talk to each other. People are spending a lot of time on social media to the point where it is not healthy. This is stopping a lot of people from connecting to each other. It is constricting our lives. We are not fully living because we do not look up from our devices. We think that in order to be happy we have to post these perfect pictures. It is a prison we fall into created by illusions of this is how real life is. This especially affects young adults who are still figuring out who they are. Not only is it a never ending pit of glamour, it is also not safe sometimes. Social media is usually where most cyber bullying happens. Cyber bullying is using a form of media to bully someone.

Not all social media is bad though, it can be used as a way of communication and spreading messages. It can be a more efficient way of telling about your life.

In my life when I had instagram, a form of social media, I spent so much time on it that my parents thought I had a screen addiction. It did not

make me happy, though it only made me feel more lonely and feel less special. It was like all my friends did fun stuff and have amazing lives. While I sat looking at pictures of what is supposed to be normal. It is not a feeling anyone should have to feel. I never felt secure enough to post pictures of me. I would think that I did not fit standards. That is why I deleted Instagram. I miss it sometimes when I am bored but I know I am happier now. When I did post it all was motivational stuff. I thought very long about what to say and what to post. When my grandma died I posted a remembrance and it was a lot easier way of telling my friends about what happened.

Not all posts are used to spread their life and share happiness. Some people use it as a way to share hurtful messages. These messages could be discriminatory, which is a form of discrimination. We have the right to thought and expression, but when the words are hurting others that is a problem. Bullying and discrimination does not just happen in person, a lot happens on social media. We also have a right to privacy, but when pictures you do not want out there get out that privacy is gone. When people copy your stuff without permission it could get out to a wider audience.

Miss using social media is not the only thing that can be a dividing factor of the community that from social media. It is also a distraction that takes up a lot of our attention. We can not learn in school if we are

thinking about how many people "liked" a comment. We are not getting enough time with loved ones, not to mention how much less sleep we get. I know people who get all their streaks of the day at midnight on a work or school day. We can not function with little sleep and headaches from too much time on technology.

Some good stuff comes from social media like how it makes people aware of what is happening in the world like climate strike marches. For others they make money from being an influencer. It is where some people go to figure out what to eat or how to make something. People can do a poll like things where they give ideas of how to make the world better. It could discuss racism problems and how to solve them. It's where people go to take responsibility of the world's issues. It is a place to rightfully express thought, without it we would be in the dark of what is right for our world and some people voices wouldn't be heard.

There are many ways that social media can be a problem to our community. But positive things do you come from social media as it is a voice for things that need to be said.