

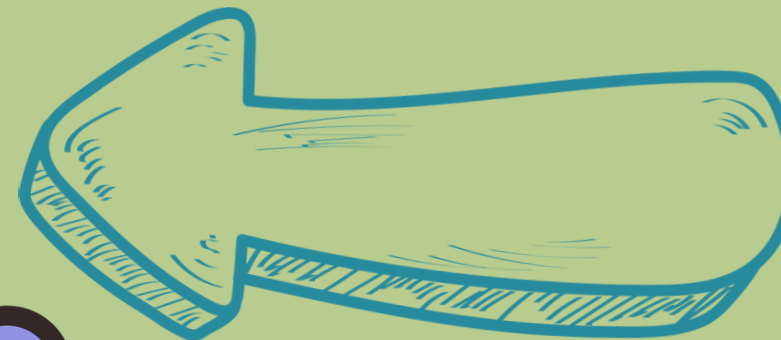
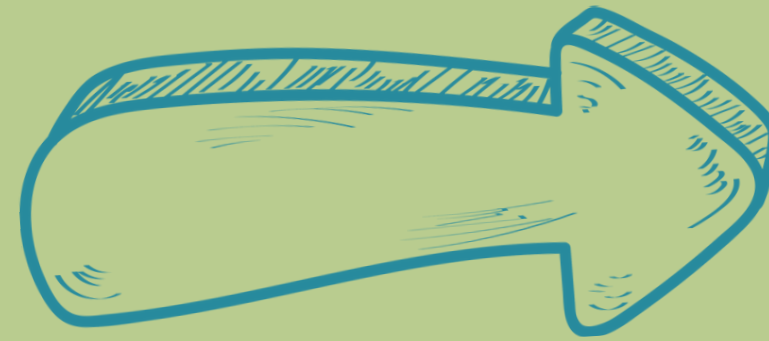
Impact of social media on teenagers

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Composition 1110
Project 3

Is social media more harmful or beneficial?

Mayo Clinic Staff claim

- Social media helps teens who lack social support
- Can cause teens to form unrealistic views
- Exposes teens to predators and/or cyberbullying



Meanwhile, National institute of health, claims

- Social media helps provide a positive community
- Helps form positive relationships with others
- Can even help someone find social support in diverse groups



**social media affects teenagers mental
and physical health**

According to RPA Journals

- **Most teenagers are addicted to social media**
- **teens are suffering mentally and physical due addiction**
- **Teens stay up past midnight on social media**



According to IEEE, 2017

- **Addiction to social media can cause depression**



Both the positives and negatives according to professionals

According to IEEE, 2017

- Improves Communication and social networking skills
- provides learning opportunities such as using google
- gives user easy access to health information

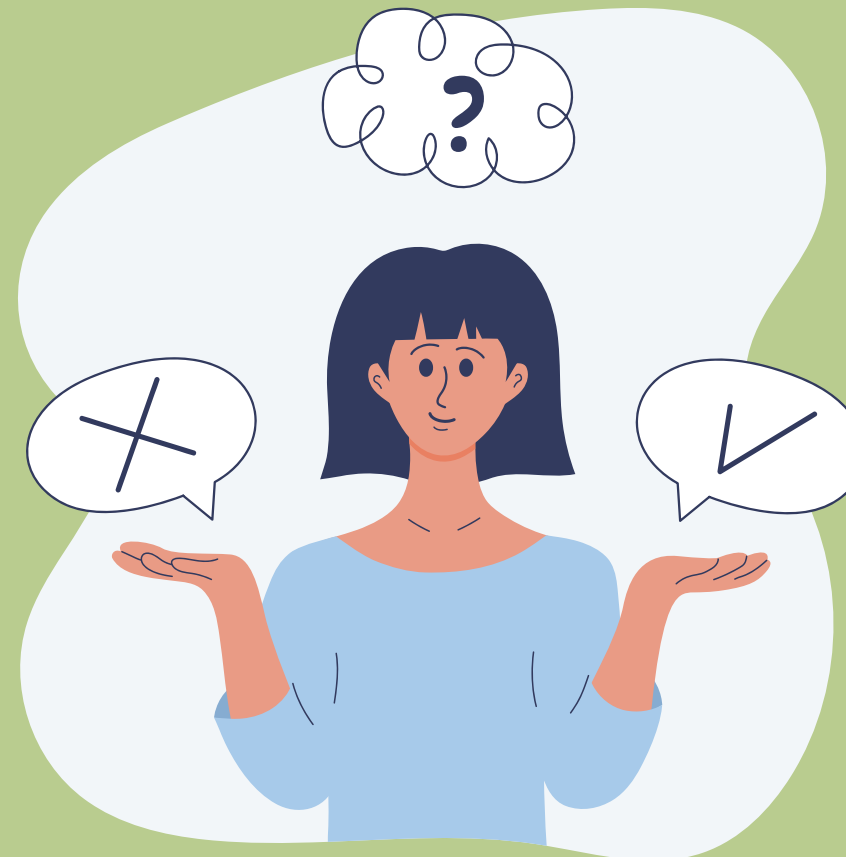
According to RPA journals

- teens are more vulnerable to getting addicted
- Most teens have reported cyber bullying
- Private information can be disclosed



According to RPA journals

- Many social media sites can be used to gain information
- more beneficial when sharing thoughts
- Can help find jobs
- connects people to other in the world
- Allows teenagers to do E-commerce
- informs about current political issues



According to IEEE, 2017

- Cyber crime: can be used to cyber bully or even hack
- Privacy: improper use can put teen at risk and their private information at risk
- Message other people post may not be appropriate for teens testing



How they agree

The articles tend to agree social media can help keep others connected however it can also their health and can put their safety at risk

According to, Arianna Prothero, 2024,
education week

- Allows them to stay connected and make new friendships
- allows them to seek support from different communities
- Allows creative expression, Civic engagement and more

- Can help create community for support
- However content may not be appropriate
- Can help improve communication
- However cyberbullying is an issue

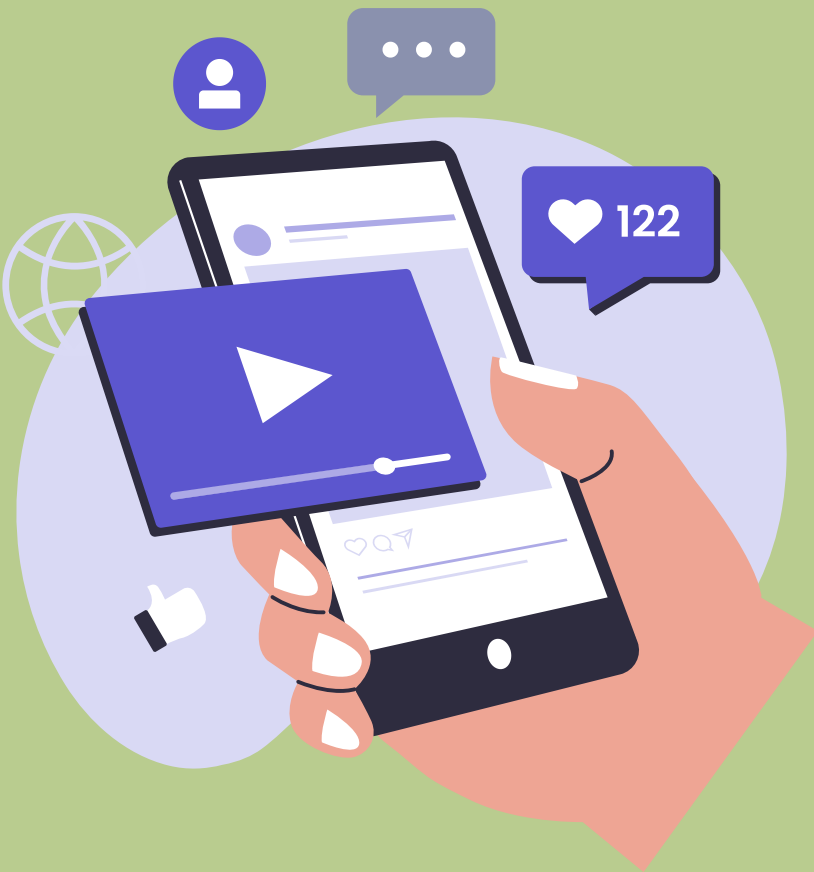
Solution:

- Create a schedule
- get a new hobby



Summary

Social media has many harmful but beneficial factors



Reflection and AI statement

I learned that this topic is heavily debated, yet it is more genuinely agreed that social media is harmful for teenagers than for a regular person. My thinking definitely did change while I generally agree social media is harmful for teenagers. I learned the different positives, such as how it provides information and learning opportunities that aren't easy to get. However, I still believe it is important for teenagers to be mindful of their social media usage and prioritize their mental health. When gathering my resources, I tried searching for articles that had both perspectives on the matter in order to provide two different points of view on the topic. I didn't change much in my project; all I did was reorganize it. The reason why I chose to research the impact of social media on teenagers is because I am and was a teen who was chronically online. I experienced a big number of predators, toxic people, and more; however, I also experienced friendships that I still have to this day. Social media had a huge impact on my life; however, I was always in trouble when people saw me using social media. So I decided to dig in deeper on what others might have to say on the topic. The visual choices I made were primarily for organizational purposes, but the characters kind of show an idea of what the information was saying.

AI Statement:

I used AI efficiently and only used it to correct my grammar and punctuation..

References

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