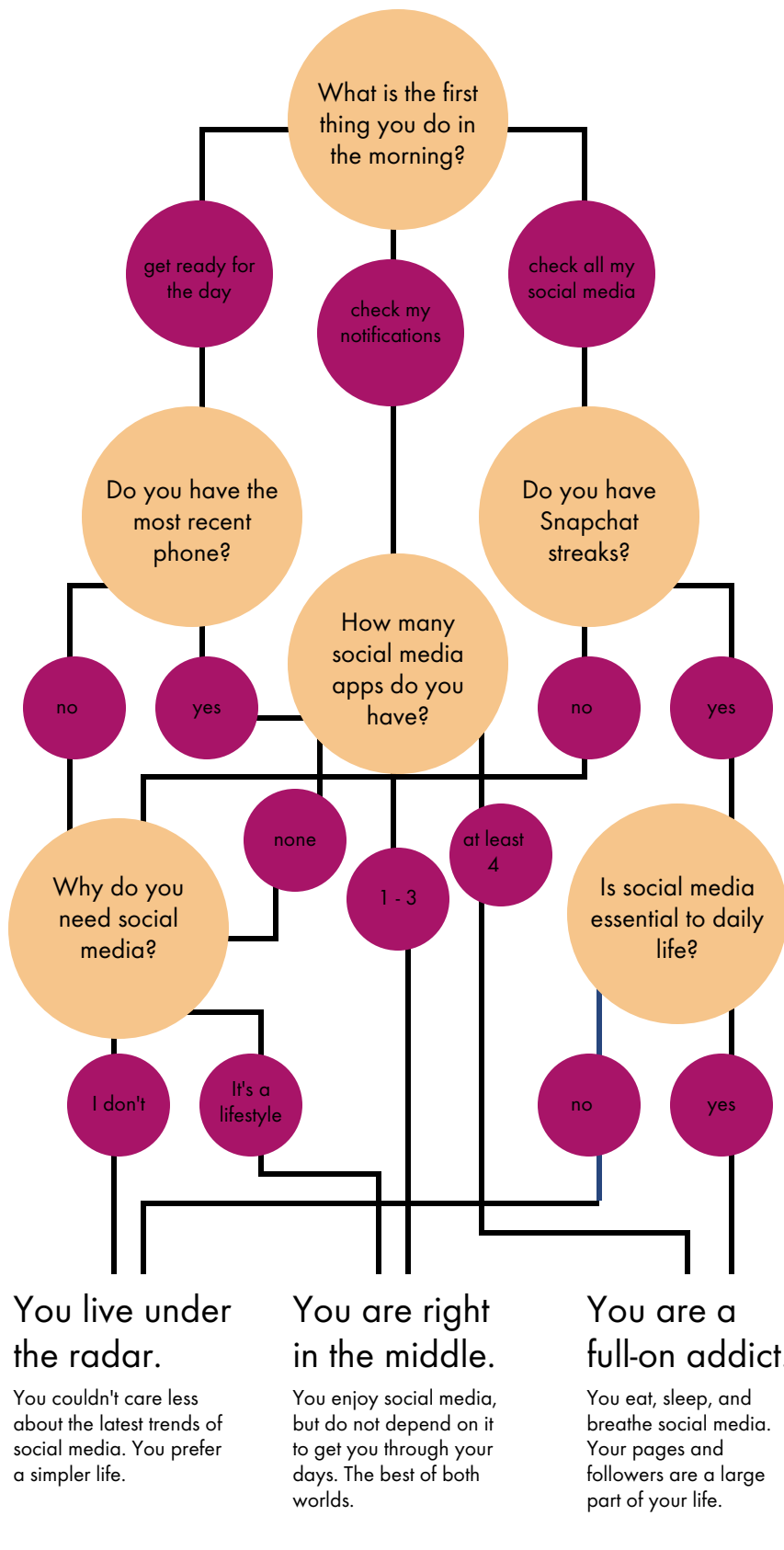


# #LET'S GET SOCIAL *exploring how social media effects PV students*

## Are you addicted?

Answer these questions to find out how much you rely on social media.



## THE IMPACT OF SOCIAL MEDIA AND ITS LATEST TRENDS

by Taylor English

As technology becomes a greater factor in society, the prevalence of social media usage among teenagers continues to alter their everyday lives.

The effects of this shift toward an online world have been the subject of many studies. The results have provided a mixture of positive and negative results, but all show that social media is changing the lives of teenagers.

One aspect of social media that endangers mental health is how it breeds comparison. When viewing the lives of others, many teenagers draw positive and negative comparisons. Social media sites are a constant reminder of how one person's life measures up to another's.

The effects of social media on health extend past mental health. For many teenagers, social media is damaging to their physical well being.

Technology's blue light makes high quality sleep difficult in a population that already tends to not rest enough. In addition to this, many corners of social media encourage self-harm, eating disorders and other damaging behaviors.

There are also a range of forums promoting positive lifestyle changes such as healthy eating and exercise. Social media can also connect someone struggling or in a difficult situation with a support network.

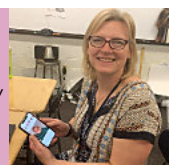
In addition to bringing people together, social media is also an outlet for teenagers to share their voice and build their identity. Social media provides an audience for youth, allowing them to learn how to express themselves and communicate their thoughts.

Social media sites have become a large factor in the lives of many students. How it will evolve is yet to be determined.



**Srta Risius:** I use WhatsApp to talk to all my international friends. It let's me connect because that's what many European people use instead.

**Mrs Russell:** I like the pictures and the idea behind Instagram. You are able to tell your story with a photo, and you get to utilize the idea through just an image.



**Mr Parker:** I don't ever post myself, but I love to use Facebook to see what's happening with others and my family.

**Mr Meyers:** Instagram doesn't make me angry like some other social media apps. Instagram has pretty places and art and stuff like that.



**Ms Kroemer:** It's a great way to be able to showcase successes immediately. You can follow what's happening elsewhere and get live updates from there.

**Mr Gartner:** Instagram is quicker and lighter than Facebook, and Facebook is kinda dumb. I get to choose what I can see on Instagram, like a dad jokes account.

