Social media has become a beloved and essential part of our daily lives. But perhaps it's time to rethink our elationship with social media.

1 6 47% ■ 11:38 AM 0 with senior Alex Klingfus Q: Is there an addiction to social media? A: Yes, there is an addiction to social media. (I call it) FOMO- Fear Of Missing Out. (It drives one's) need for onstant connection. Social media is an easy way out of situation (one isn't) comfortable with. It's an (easy and) instant way to disconnect. Q: Does social media hold people back in life (less social, more likely to have a shorter attention span)? A: Yes. I think that it is easy for people to not pay attention when they have their phone out, and it's easy to separate yourself from what's around you. Q: Does social media have an impact on people's lives? A: People are constantly wanting to do something worth posting or to post on what people want to talk about pecause people are constantly looking for that post or gratification that they need. Write a message...

Digital Detox: It's time to get a life outside social media

Did vou know

by senior Abby Lashbrook

to Kansas City and back, take the ACT three times, or finish a marathon with an hour left to spare. But instead, many choose to spend this time chained to their phones, locked away from reality.

nine hours a day on social media, television, and oth-

er digital devices. All this time is wasted posting, tweeting, watching, and obsessing over anything and everything to do with social media.

100% of students polled check social media at least once a day. Personally, I have never

experienced social media as an underlying obsession. never be used as a way to satisfy someone's craving for I don't feel the need to check my phone every five minutes or have a constant itch to tweet. #sorrynotsorry.

Unfortunately, many cannot say the same. There are some individuals who cannot seem to step away from their screen long enough to face reality. They to disconnect in order to reconnect, unplug from apps spend more time scrolling through their feed than actually living their life. Social media is supposed to be refresh. #unplug

Nine hours. In that amount of time, you could drive an outlet for others to exchange information, express emotion, and make relationships, not a substitute for human interaction.

These "social media-holics" focus on the most senseless obscurities of life. They care more about how According to CNN, teenagers spend an average of many "likes" they get on their Instagram post rather

> High school should be used to expand a person's knowledge, not their fan base. Too many people depend on getting followers and "likes" to boost their self-esteem.

But social media should

attention, nor should it ever be the basis for one's self worth. When that happens, social media becomes an obsession, an addiction, and a curse.

There is more to life than a screen. It's time for us in order to plug into reality, and recharge in order to

social media.

75% of students polled said they post **happy** content on social media. of students said they 1 in 4 students use social media of students said they use Instagram the over **SD** minutes per day. use Snapchat the most most for social media for social media 52% of students polled said OOD

1 in 5 students polled said that they have posted something that was the opposite of how they were actually feeling



want people to see you as happy, fun, and upbeat even when you are not.

55% of students polled said that they have posted something and deleted it



"I felt self conscious about the way I looked."

71% of students polled know someone that



morning and the last thing at night.

니다 of students polled check social media over 10 times per day

PROS AND CONS of social media usage

"Social media allows you to be connected IMMEDIATELY to the world and the world is **CONNECTED** to you. It is the fastest way to distribute information."

- senior Andrew Oleson

"Social media is a good way to show and EXPRESS vourself."

- freshman Nathan Murray

"Many people have been BULLIED over social media. and it has created many **EONFLIETS** for people when they are trying to get a job." - junior Morgan Kegebein

"Social media PRESSURES one with unrealistic expectations of celebrities."

- freshman Halle Haack

"I would say to SHUT YOUR PHONE OFF for awhile and talk with your family and friends and have a good time without your phone. You can have way more fun with your friends and family than being on your

- freshman Sara Hansen

"I would advise them to TAKE A BREAK from social media by putting it somewhere where they would not be tempted to be on it and to distract themselves by doing other activities that would be productive."

- senior Emma Yoder

"DISCONNECT for a week, no matter what, even better if it's on a vacation or something, to help take your mind off of it."

- junior Lucas Lubben

#NoFilter: People should be themselves on social media

by senior Grace Jorgensen

We are all familiar with that full-face makeup. pin-straight hair, and heavily-edited selfie captioned "#IWokeUpLikeThis". #DidYouReallyWakeUpLikeThat?

Teens today use social media as a mask. We use apps and filters to make ourselves and what we eat look better. But what would happen if we started to live our online lives without the filter? What if we decided to show the real us?

There's a lesson for the viewers on social media as well. It's important to remember that what's portrayed on someone else's social media isn't necessarily who they really are.

of their life's constant stream. They aren't sharing the super embarrassing or painful moments that of 1st place finishes or extravagant date nights. we have all experienced for the world to see, but We don't eat like ancient kings and wake up like that doesn't mean they don't have them.

Yet, we still get depressed because we com- don't show it

pare ourselves to others' "picture perfect" lives. Little do we know that they are all hiding behind the same facade we do.

Now here's the deal: whether we want to ad-

Lashbrook interview Ben Baby from the Dallas Morning News during their trip to the National Journalism Convention in Dallas, Texas. Baby explains how social media has helped create an era of false identities and facades.

Seniors Grace Jorgensen and Abby

"It's all FRKE. No one is actually putting what their life is really like in their Instagram feed. It's iust easier to be fake in 2017." Ben Baby, sports writer for Dallas

Morning News photo by sophomore Harley Schley

The few pictures we see are edited snapshots — mit it or not, we are all not the perfect people we claim to be on social media. Life isn't a feed beauty queens. We all have our off-days. We just

Now, I'm not saving that we should start posting about every bad day, but shouldn't we start being real about what we of students

posts for

We put too much time and energy into otherwise planning we post, stressing that it might not look flawless, and fretting that we

won't get that double-tap validation from our peers. Share the unfiltered and untouched mo-

That is what your followers will truly love-your true form. The pressure to be perfect in real life is already too much, so let's do ourselves a favor and realize that it's okay if our posts are imperfect. It's okay if they're messy. Life is messy, and that's the beauty of it.

The purpose of social media is to better connect with others. But doesn't that require us to be honest? The moment when we choose to lift our masks and unveil who we really are is the moment we, as a society, will be truly connected.

page designer: senior Abby Lashbrook.