

Social media plays a vital role in broadening social connections and learning technical skills for adolescents and teenagers, but it also has risks that cannot be overlooked. The lack of self-regulation and susceptibility to peer pressure makes adolescents vulnerable to issues such as Facebook depression, sexting, and cyberbullying. Cyberbullying includes various menacing online advances, from direct threatening and unpleasant emails to anonymous activities such as trolling. Anonymity on the Internet is a significant cause of cyberbullying. Cyberbullying can have life-altering consequences, leading victims to take their lives or require medical intervention. Sexting, sending sexually revealing pictures of themselves or sexually explicit messages to another individual or group, is another common activity among the teen community on social media. The permanence and pervasiveness of the internet make it a fertile ground for spreading such information to the extent of getting viral. The risks of extensive social networking among youth are the loss of privacy, sharing too much information, and disconnect from reality. The effect of social networks on well-being hinges on how social networks are used, whether to connect or to compare.

For a while, I played a lot of video games, but I don't think it influenced the development of your behaviour. Even now I play video games but much less.