Many people like use Facebook every day, it offers clear advantages. Social media is good for connect with friends and family and know about news and events in the world. It help us stay connect with friends and family. Firstly, social media help us stay connect with friends and family. For example, people can chat with their cousin in America by Messenger or see their friends' photos on Facebook. It makes people closer to each other, even their friends or family live far away. Secondly, social media help they know about news and events in the world. They can read news on Facebook pages or watch video about what happen in other countries. Sometime, people see posts about new movies or music, so they know what is popular. On August 10, 2023 (two thousand and twenty three), the HCM Law Newspaper mentioned a study by Oxford University about the benefits of using Facebook, which suggests that it brings happiness to users. However, use too much social media is not good because it take a lot of time. It will also cause distraction from work if you spend a lot of time looking at Facebook. In conclusion, Facebook is very useful for connect people and know information, but we need use it careful.