

IT'S SO ME



Social media allow people to communicate easily and stay in touch with friends and meet new people. 9 out of 10 teenagers use social media. Users can be motivated to follow their particular interests and hobbies, which can also be educational. Photo-sharing platforms are the most popular with many teens today.

But can social media affect young people negatively?

According to the teenagers themselves, they spend between 16 and 62 hours a week online. Research has revealed that teens' mental health can suffer from overuse of social media. The research also shows that this can lead to low self-esteem and loneliness. Teenagers may suffer under the pressure of always "looking good" in photos, which in turn can cause insecurity about themselves. And, of course, they all know the expression FOMO, fear of missing out.

Write a commentary (500-600 words) about the effects of social media on young people. Your commentary will be used in an international survey on teenagers' use of social media.

Include the following:

- Describe how you use social media in your everyday life.
- Reflect on positive and negative ways that social media affect young people.
- Discuss whether teenagers' use of social media can be limited.

A commentary is a text where you comment on something others have decided, said or written. The purpose of a commentary is to express the writer's opinion about a certain topic.