**Name: Nguyễn Ngọc Nguyên**

**Lesson 4**

Internet chatting has become a common way for people to communicate, whether through social media, messaging apps, or online forums. While it offers convenience and instant connection, excessive or careless use of internet chatting can have harmful effects. These include privacy risks, social isolation, misinformation, and negative impacts on mental health.

First, internet chatting poses serious privacy risks. Many people share personal information online without realizing how easily it can be misused. Hackers, scammers, and even strangers can take advantage of weak security to steal personal data or commit fraud. In some cases, private conversations can be leaked or used against someone, leading to embarrassment or harm.

Second, excessive internet chatting can lead to social isolation. While chatting online keeps people connected, it cannot replace face-to-face interactions. Spending too much time messaging instead of meeting friends and family in person can weaken real-life relationships. Over time, people may feel lonely, disconnected, and struggle with social skills.

Another harm is the spread of misinformation. In internet chats, people often share news or facts without verifying their accuracy. False information can spread quickly, leading to misunderstandings, panic, or even harm. For example, during health crises, fake medical advice can put people at risk if they follow unproven treatments or ignore real warnings.

Lastly, internet chatting can negatively affect mental health. Constant online conversations, especially in toxic or negative environments, can cause stress, anxiety, or depression. Cyberbullying is a serious issue, with many people facing harassment, threats, or insults online. The pressure to respond quickly or maintain online popularity can also create emotional exhaustion.

In conclusion, while internet chatting is a useful way to communicate, it also comes with risks. Privacy concerns, social isolation, misinformation, and mental health issues are some of the major harms. To stay safe, people should use internet chatting wisely, limit their screen time, and be careful about the information they share online.