**Social Media Harms**

Nowadays social media plays a significant role in our lives. It has some pros and cons. However, I will only discuss the detrimental effects of social media. With approximately 5 billion users worldwide, social media platforms such as Instagram, X, YouTube, Netflix, Amazon Prime, Snapchat, Spotify, and Facebook have become prevalent in our daily lives. While they offer entertainment and socialization opportunities, it is crucial to recognize the underlying harms associated with their usage.

Firstly, socializing is undoubtedly important for individuals. Building new connections and engaging in conversations on social media can enhance sociability. However, a significant number of people find it challenging to connect with their immediate surroundings while immersed in social media, leading to social isolation and asocial behaviour.

Secondly, social media contributes to various health problems, particularly affecting eye health. The increasing prevalence of myopia is a noteworthy concern. Additionally, the platform is associated with a rise in psychological issues, drug use, and conditions like bipolar disorder. These health-related consequences highlight the need for moderation in social media usage.

Thirdly, while social media provides easy access to information, it also harbors widespread misinformation. Although information is readily available, discerning accurate data is crucial. Users must be diligent in verifying the credibility of sources to ensure they obtain reliable information.

In conclusion, as I said above, while the use of social media has its advantages, it is essential to approach it conscientiously and avoid excessive use. The negative impacts on sociability, health, and the dissemination of misinformation underscore the need for users to strike a balance and use social media responsibly.