

*Amy and Jake are having afternoon tea at a café. Let's read their conversation below:*



Amy

What are you doing Jake? You've been glued to your phone the whole time since we've sat down for our Mountain High milkshakes and ice-cream cakes. Don't you want to dig into this ice-cream cake and drink this delicious milkshake? Can't you live without social media?

No, I can't. I love using social media. I need to post my latest update on Facebook and Instagram.



Jake



Why? It's a waste of time. You should make better use of your time. You're forgetting the people who are around you.

Social media is great! I can let all my friends know where I'm and what I'm doing by just a click of a button. I haven't forgotten about you. I'm aware that you're sitting here with me now at this super cool café with our mouth-watering milkshakes and cakes that I'm just about to take a selfie with!



Gosh! I used to think like you too. I'd always post about my daily life. Then, I found myself addicted. I kept on wondering, how many 'likes' I would get, and I would feel worried and sad if nobody 'liked' my posts. It got me thinking too much.

There's no need to feel pressured by it. It's just for fun.



One time, no one responded to my post about a competition that I'd won. The prize was a VIP ticket to meet and greet my favourite pop idol. I got upset and felt that no one in the world cared. In the end, I deleted the post and stopped using social media for a few months. I'm feeling so much better without it now. You should try and give it up. Online activity is bad for our health.

Social media is not bad for our health. It is the best because it is useful for communication. It's also much easier to just hang out and chat online. We can have fun in the comfort of our homes too. Social media is good for our mental health especially during COVID-19. People can meet their close friends and relatives virtually around the world anytime.



Oh, I see.

So, I won't give it up. Without social media, I would feel lonely and it will affect my mental health.



Yes, I understand about not being able to meet up with close ones. However, my thoughts about using social media haven't changed much. I still think it's bad for us, but you're right about using it for communication. Perhaps, we can just use less of it, as we need to have a balance between offline and online interactions with people. Otherwise, we won't know how to interact with human beings anymore!

