

Social Media

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Nowadays, social media has become a very popular thing in our life. I am sure at least 50 percent people are always glued to their phones. What do you think about social media? I think there are both advantages and disadvantages.

Advantages

Communicate better with social media



We can communicate better with others by using social media because we don't have to meet each other face-to-face. An example is that we can go to school by using zoom during COVID-19. Therefore, communicating with others using social media is better.

People can find us



Relatives, family members and friends can find us by using social media. They can track us with different apps. An example is that when you are meeting a friend in a cafe you don't know, you can use some apps to track the friend you are looking for. We can track people by using social media.

Disadvantages

We might be using social media too much

Even though social media has a lot of advantages, it also has some disadvantages. We might just look at our phones for 3 hours and do nothing else because we want to check messages, watch a lot of videos, playing games and more. We want to do those actions because we do not want to miss out of some important things, too interested, fun and more. We might use social media too much.



We will do less exercises.



Our health will be worse if we do less exercises. Many people know that but sometimes, people still use social media too much and forget to do exercises. As I said in the previous page, people can attracted to their phone too much.

Sometimes, people intentionally don't do exercises because they think eating healthy food is just fine. However, those people struggle to get up the high floors with stairs because they do not do exercises.

We love using social media too much that we may forget to do exercises.



In conclusion, social media has many ups and downs. But if we use social media properly, social media will be very, very, very useful for us.

