

*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. How can you not have the urge to gobble down this ice-cream cake and slurp on this special 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 bother? It's such a waste of time. You should make use of your time in a better manner and cherish your surroundings. You're forgetting the people who are physically around you.

Why bother?! Social media is great! We can use it to let people know where we are and what we are doing. I haven't forgotten about you. I'm aware that you're sitting here with me now at this café with our fabulous milkshakes and yummy cakes. That's why I want to share this moment of us to the people online.



I used to think like you too. At first, I was constantly updating and posting about my daily life. Then, I found myself obsessing about it. I kept on wondering how many people 'liked' my post and worried that people wouldn't 'like' it. It got me thinking too much.

There's no need to feel pressured by it. It's just a bit of fun and sharing a piece of joy in your life to others.



Yes, and I did. One time, no one responded to my post about a competition that I'd won. It was a VIP ticket to meet and greet my favourite pop idol. I got quite upset and felt that no one in the world cared. In the end, I deleted that post and came off social media for several months. I'm feeling so much better without it now. You should try and give it up. Social media is dreadful and it's bad for our health.

Social media is not bad for our health. It is useful because the functions from social media apps bring friends and families closer together. We can use it to arrange special days out, chat to people and share pictures and vlogs of our daily lives. So, using social media can be healthy, especially during COVID-19. We get to keep in touch with our loved ones virtually.



Ok, that's understandable.



I hope that we can have large and jolly gatherings again. But for now, using social media as a platform to communicate fits perfectly in this situation. So, I really don't think that I'll give it up. Without social media, I would feel lonely and I think my mental health will be worse.



Yes, it's a shame that we're restricted to meet up with loved 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 now. Perhaps the solution to this problem is to 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!

