Gabi

Hi Alex,

I hope my advice helps you. If you discuss things with your parents, I think they'll understand.

On the one hand, your parents have got a point. There are some disadvantages to spending too much time on social media. For instance, it can reduce the amount of time you spend with your family and friends. On the other hand, there are advantages too. For example, it's a great way for you to share things like ideas or photos with people you're close to.

Good luck!

Thanks for your email about the problem with your parents. I know how you must feel and here's what I think.

So, what can you do? First, you ought to explain to your parents why social media is important to you. If I were you, I would tell them that social media helps friends and family stay in touch with each other. Why not point out that your school, and even your class, has a Facebook page? But remember, it's important to let them know that you understand their worries as well.

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