

LITERACY

Name: _____

Date: _____

The Impact of Social Media

Social media platforms like Instagram, TikTok, and YouTube are a big part of teenage life, offering connection, experience-sharing, and discovery. However, they have both positive and negative sides.

On the positive side, social media helps teens stay connected, express creativity, share talents, and find communities. It's also valuable for learning, news, and job opportunities. Many young people use it to raise awareness and participate in activism.

Negatively, excessive use is linked to anxiety, depression, and low self-esteem due to social comparison. Cyberbullying is a serious issue, and social media can distract from important activities. FOMO can disrupt sleep and increase stress. There are also privacy concerns.

Balanced, mindful use is key. Be aware of your feelings, take breaks, and focus on real connections and positive expression. Remember social media often presents an incomplete picture, and value your own worth.

Social media is a powerful tool; use it to enhance, not detract from, your life.

Comprehension Questions:

1. What are some positive aspects of social media?

2. What are some negative aspects of social media?

3. What is FOMO, and how can it affect teenagers?

4. How do young people use social media positively?

5. What advice is given for healthy social media use?

6. Why is it important to remember that social media isn't the whole picture?

7. In your opinion, what is the biggest challenge teenagers face with social media, and how can they overcome it?

8. How does your own social media use make you feel, and what changes, if any, could you make to improve your experience?
