



SOCIAL MEDIA AND TEENS

For teenagers like me, apps like Instagram, TikTok and YouTube are not just for fun; they are a big part of how we talk to friends, share our lives and learn about the world. But is social media actually good for us?

Social media helps us stay connected. We can easily chat with friends, join group discussions about schoolwork, and share photos or videos from our daily lives. It is useful for keeping in touch with family or friends who live in other countries.

Social media can also be educational. We can learn English by watching videos or even develop new skills like drawing or cooking from tutorials.

However, social media also has a dark side. When we see other people posting pictures of their perfect holidays, expensive gifts or happy gatherings, it is easy to feel insecure or jealous. We might think that our own life is boring or not good enough. It may make us feel sad or affect our confidence.

So, what should we do? The problem is not social media itself, but how we use it. Remember that most people only post the best parts of their lives, so we should not believe everything we see. Most importantly, we must always be respectful and kind online.

Athena Cheung Yuen-ching,
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