

Four teenagers share their views on whether social media and digital communication are good or bad.

Freya

I believe social media plays an important role in helping people maintain relationships, especially when distance is an issue. I use messaging apps and social networking platforms to stay in contact with relatives and friends who live abroad. Regular updates, voice messages and video calls mean that we can share important moments, even if we are not physically together. Without these digital communication tools, it would be much harder to keep these relationships active. That said, I am aware of the risks of overuse - not that I do much about that...

Jessie

In my opinion, social media has more negative effects than positive ones. Constant exposure to carefully edited photos and posts on social media feeds can damage self-esteem. When people compare their real lives to the online images they see, it often leads to feelings of pressure and anxiety. I've also noticed that notifications and messages interrupt my concentration, which makes it harder to focus on homework or revise properly. As a result, I think social media can be a serious distraction for teenagers.

Tim

I take a more balanced view. I don't think social media itself is the problem; it's down to how responsibly it is used. I follow educational content creators who share useful tips, tutorials and study advice. Online forums and group chats also allow me to exchange ideas and support with others who share the same interests. However, if users don't manage their time carefully, social media can quickly become addictive. Setting daily limits and turning off unnecessary notifications has helped me use it more productively.

William

Personally, I feel that digital communication has started to replace real conversations too much. Even when people meet in person, many still spend time checking their phones or replying to messages. **This habit reduces meaningful interaction and makes communication feel less personal.** I also think that relying on likes and comments for recognition has changed the way people communicate with each other. For me, face-to-face conversations are more honest and help build stronger friendships.

Who thinks...?

Write **the student name** next to each statement.

1. ...that online communication can **weaken the quality of relationships**? **William**
2. ...that social media helps people remain connected despite physical location?
3. ...that social media content can cause emotional challenges?
4. ...that alerts can prevent students from focusing on schoolwork?
5. ...that social media can be helpful for learning and sharing knowledge?
6. ...that the effects of social media depend on how people interact with it?
7. ...that limiting usage can improve the experience of social media?
8. ...that online approval has changed how people communicate?