

### Anti-Social Networking

In today's generation technology is getting more advanced, which means there is going to be many of changes which might be both helpful and harmful. The articles that explore these issues are "Teenage Social Media Butterflies May Not Be Such a Bad Idea" by Melissa Haley, "Anti-Social Networking" by Hilary Stout, "Is Social Media Driving People Away From Real Interaction" by Righ Knight, and "Teenagers on Social Media: Socialization and Self-Esteem" by Clive Anderson Jr., Eknoor Johar, and Jocelyn C. Key. Today, technology is more advanced so there is more communication through the internet. Social media is one main tool that people use to communicate with family and friends. Communication is now easier with all of this technology. Many can gain and lack communication skills when it comes to social media for that reason digital media does not help people gain communication skills because they avoid social gatherings, it does not help boost one's self-esteem, and it leads to negative outcomes.

First of all, people who use social media frequently try to avoid social gatherings. When many go out with family and friends they want to have a good time with a technology-free zone but, "or how many times have you been to a social gathering and 80% or more of those in the room have their heads down at their cellphones, tablets, or other mobile devices"(Resource D, paragraph 2). When I go to a gathering it is the same case for me. There is many people on their phones. If they are on their phones why even be there? People come to have a good time not have their head down on their phone. Many teens today want to have less interactions with

people because social media takes them away from communicating to each other face-to-face. According to Resource B, paragraph 14 the author states, “Initial qualitative evidence is that the ease of electronic communication may be making teens less interested in face-to-face communication with their friends”. Many who use digital media lose sight of the world around them. In 2010 a man and a woman neglected their premature baby because they were playing an online virtual game taking care of their virtual baby. Because of this the baby died because of her neglectful parents. Nowadays if a person wants to talk to someone they text on their phones. All of this electronic use does not make them gain communication skills, so the the avoiding of social gatherings does not make them gain communication skills, it weakens them.

Secondly, the use of digital media does not help boost one’s self-esteem. Self esteem is a realistic respect for or favorable impression of one selves. So if someone starts lurking on social media it could affect their health and self-esteem. According to Resource D, paragraph the author wrote, “Specifically, they singled out the blow to their self-esteem that comes from comparing themselves to peers on Facebook and Twitter is the biggest downfall”. Many teens look at their peer’s social media and ask questions like “Why can’t I have pictures like that? or Why can’t I have a exciting life like them?” They downgrade themselves by looking at those pictures or comments. When they compare themselves with their peers it doesn’t help their self-esteem. Surveys have been conducted asking questions about how social media positively or negatively affects their self-esteem. According to Resource F, paragraph 3 the authors claim, “Others have researched a similar question through questionnaires that asked about the amount of time teenagers were on social networking sites and how it affected their self-esteem”. On these questionnaires many have said that social media lowers their self-esteem. This creates havoc

because many teens don't even want to look at their devices. If social media is affecting adolescents, why use it? This just makes teens less confident and this does not help communications skills at all.

At last, social media leads to negative outcomes. Many students get cyber bullied online by peers at their school. When teens get depressed they seek out a way to escape from their darkness so they turn to social media. According to Resource A, paragraph 18 the author states, "Those teens who struggle with depression or with aggressive or delinquent behavior are more likely to find the online world to be full with digital landmines". Many become depressed and seek out the digital world to help them find their saving grace. They communicate with strangers who they don't even know just so that they can feel that someone is there for them. Some people may disagree with this. They believe that social media is a way for them to find people who they can connect to. In that same resource(A) the author states that adolescents can use it as a way to experiment with new forms of self expression. This is incorrect because they meet strangers that they don't know and think that those strangers will help them. Most of the time those strangers harass them. The only reason they communicate with strangers is because they feel like they can't talk to their parents or friends. Many teenagers go online for a safe haven but they don't know they are in danger, many experience bullying by their peers from school. According to Resource F, paragraph 6 the authors wrote, "17% of teenagers experienced cyber bullying over the span of a lifetime". Teenagers feel like they don't have anyone so they don't communicate or express their feelings. Many teens who get bullied online don't tell anyone because they feel scared or unsafe. Those who get harassed online have self harm to feel better. Some even commit

suicide just to end with their suffering. This is how social media negatively affects teens because when they are in a dark place they don't even have the words to communicate.

In conclusion, social media can be an unsafe place for teens who use it. Digital media does not help gain communication skills because they avoid social gathering, it does not help boost self-esteem, and it leads to negative outcomes. This is very significant because the lack of communication skills means that teens can't say what they mean. It is important to because teens should realize that digital media is not their whole life and it is not healthy to use it so much that there is lack of communication skills. Teens need communication skills because they need to have empathy. They are important to have when there is an interview for a university or a job. Communication was the start of everything, without it we wouldn't be human.