

# TEEN SOCIAL MEDIA USE CONTINUES TO RISE

A recent national study found that teenagers are spending more time on social media than ever before. Popular apps such as TikTok, Instagram, Snapchat, and YouTube continue to dominate teen screen time, with many students reporting that they spend several hours each day scrolling, posting, and messaging online.

Experts say social media can have both positive and negative effects on teenagers. On one hand, social media allows teens to stay connected with friends, explore hobbies, and express creativity through videos, art, music, and writing. Some students even use social media to learn new skills or participate in online communities that support their interests.

However, researchers are also concerned about the impact excessive social media use may have on mental health and academic performance. Studies suggest that too much screen time can lead to sleep problems, difficulty focusing in school, anxiety, and lower self-esteem. Many teens also report feeling pressure to compare themselves to others online.

Schools and parents across the country are now discussing ways to help students build healthier technology habits. Some schools have created phone-free classrooms, while others are teaching digital wellness lessons to help students understand how social media affects their daily lives.

While social media is likely to remain an important part of teenage life, experts encourage students to find a balance between online activity and real-world experiences such as spending time outdoors, participating in hobbies, and talking face-to-face with friends and family.

## DISCUSSION QUESTIONS:

1. What are some positive ways teenagers use social media?
2. What are some possible negative effects of spending too much time online?
3. Do you think schools should limit phone or social media use during the school day? Why or why not?