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English Studies 12

09/27/2019

### The Pedestrian Persuasive Video Assignment

Since the creation of the first social network in 1997, social media has been a common aspect of everyday life. Today, in the twenty-first century, it is more relevant than ever.

Popularity, however, does not necessarily indicate that something is good. Social media has an overall negative impact on society, from affecting health physically and psychologically to affecting quality of information and more. Extended use of social media can directly impact its users' physical health. Overuse of it can cause fatigue and lack of exercise, as well as arm, eye, and spinal issues. Its users are also distracted from the world around them, which can result in fatal events such as car accidents. Social media also negatively affects its users psychologically. It has created a vast platform for anonymous cyber bullying. Social media and cyber bullying can cause anger, anxiety, depression, isolation, and stress. Although the word 'social' is in the name, it can also decrease its users' social skills in face-to-face situations. As schools and workplaces become more and more digital, the use of technology creates easier access to distractions such as social media, thus decreasing attention span and quality of education and work. Although it is a useful tool to acquire lots of information, some of the information acquired on social media is questionable. It is becoming more and more difficult to recognize what is true and what is false.

While social media is frequently used to raise awareness about societal and environmental issues, some accounts manipulate their viewers into donating likes, reposts, follows or even money that will not be used to help solve the problem. So, to answer the question posed in the beginning of this video, social media has more negative effects than positive. Overuse of it can impact its users' physical and psychological health, as well as the quality of information acquired. Think about this the next time you open Instagram.

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