The Darkside of Social Media

Social media has truly revolutionized how we can communicate with one another through technology. That being said, it can have a somewhat negative impact on our society. In this day and age, almost everyone has access to social networks. With this in mind, some people use it to either cyberbully or harass others. People do this because they are behind a screen they can say whatever they want without any repercussions. According to the *Megan Meier Foundation*, 18% of young teens encounter self-harm due to online cyberbullying. Each year, there would be a new dangerous online challenge. For example, “The Pass Out Challenge” is an online “trend” where teenagers purposely choke themselves to achieve the feeling of a high sensation. This online challenge is estimated to lead to around 300 deaths each year. With all of this information in mind, we may think the use of social media can cause a crucial detriment to your mental health but in my opinion, it shouldn’t be like this.

Social media has and is still playing a vital role in promoting political campaigns. Having that said, people use the media platform to manipulate and spread rumors about politics. This can push people apart rather than unifying each other. The media makes it easier to spread purported news regardless if it’s real or fake. They don’t care about the credibility… all they care about is being one of the firsts to speak out on the topic. This can manipulate people into thinking about what’s real and what’s fake. They start to second guess themselves and argue which makes them lose respect for one another. After this stage, people will make two sides of a story across social media. Ultimately, there will always be one side of the story that shows truth and sincerity, and the other side that depicts dishonesty.

Along with being able to communicate with others on social media, you are also allowed to showcase and share what’s going on in your life with others. This feature is excellent because it unifies you with your family members or long-distance friends. It can let them know what you’ve been up to lately. Although you’re opening up into the social media world, you are also enabling others to criticize, bully, or even stalk you. All of these instances can lead to depression and some cases… self-harm. With all the toxic people that use public networks… we cannot find harmony in diverse communities. There will always be a person who has to ruin a perfect moment that is being shared on the social web. On a personal note, I deal with online challenges. Being a middle easterner who uses social media can be a very difficult obstacle since some people use derogatory slurs against me. They would call me a “terrorist” in a joking matter because of what happened on 9/11. There will also be some people who tell me “go back to your country,” when in reality I was born in the U.S. All of whom do this for one reason, and one reason only… to get inside my head. These instances are prime examples of cyberbullying.

Hate it or not, you cannot deny the fact that social media has implemented a new way to communicate with others. Though, there are more cons than pros, like how the media can make people anti-social. I say this because some people would rather stay home all day glued to their phones than being socially active. No matter what, throughout the public network, there will always be individuals who either cyberbully or harass others. In a sense, the media is like a fire, if you’re too ignorant the fire can burn you. Regardless though, social media was made to keep people socially together. But, when it’s used by problematic people, it can scramble our society apart.