



THE POWER OF SOCIAL MEDIA IN TEENAGERS' LIVES

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Abstract: The article discusses the role of social media in the lives of young people. The issue of protecting young people from harmful media in the current globalization conditions was also touched upon.

Key words: social media, teenagers', platforma, Instagram, TikTok, YouTube, Facebook, telegram, express, information security, threat.

INTRODUCTION

In today's era of globalization, young people are more active in virtual life than in real life. There are pros and cons to this issue. Especially in this period, social media has become an integral part of life.

In this process, increasing the media literacy of young people is an urgent issue. The reason is that there is a variety of content in the media field, many of which can be information harmful to the mind and thinking. It is necessary to develop the skills of Shusaba youth to sort information and use social media effectively.

MAIN PART

Social media has become an important part of everyday life, especially for teenagers. Platforms like Instagram, TikTok, YouTube, Facebook, and Telegram are used by millions of young people across the world. Social media allows users to stay connected, share their





experiences, express their ideas, and even learn new things.

1. Staying Connected

One of the biggest benefits of social media is that it helps people stay in touch. Teenagers can communicate with friends and relatives anytime, anywhere. A quick message, photo, or video call can make someone feel close, even if they live in another city or country. This became especially important during the COVID-19 pandemic, when many people had to stay at home and could only meet online.

2. Learning and Growing

Social media is not just about fun — it can be educational too. Many students follow pages that teach languages, explain science, or give study tips. On YouTube or TikTok, short videos can explain difficult topics in simple ways. There are even students who help each other by sharing notes, books, and advice about exams.

In addition, social media can inspire creativity. Teenagers post their drawings, music, poems, and photography. They receive feedback, build confidence, and sometimes even start small businesses or projects.

3. A Place to Express Yourself

Social media is also a place where teenagers can express their feelings and opinions. Many young people care about the environment, education, mental health, or social justice. By sharing their thoughts online, they can raise awareness and find others who care about the same issues. This gives them a voice and makes them feel more powerful and responsible.

4. Dangers and Challenges

Despite its advantages, social media also has risks. Spending too much time online can lead to problems like lower school performance, sleep problems, and lack of physical activity. Some teenagers may also face cyberbullying — this means being hurt by mean comments, fake news, or threats online.



Another danger is comparing yourself to others. People usually post only their best moments — perfect photos, fun vacations, expensive things — but this is not real life. Teenagers may feel sad or "not good enough" when they compare themselves to those unrealistic images.

5. Using Social Media Wisely

So, how should teenagers use social media? The answer is: with balance and awareness. It's okay to enjoy social media, but it should not replace real life. Spending time with family, doing homework, playing sports, reading, and sleeping well are still very important.

Here are some tips for using social media wisely:

Set time limits for social media use.

Don't share private information (like passwords or addresses).

Be respectful and kind in comments and messages.

Think before you post — words can hurt others.

If something online makes you uncomfortable, talk to a parent or teacher.

Social networking services with the most users, January 2024^[62]

#	Network	Number of users (millions)	Country of origin
1	Facebook	3,049	United States
2	YouTube	2,491	United States
3	WhatsApp	2,000	United States
4	Instagram	2,000	United States
5	TikTok	1,526	China
6	WeChat	1,336	China
7	Facebook Messenger	979	United States
8	Telegram	800	Russia
9	Douyin	752	China
10	Snapchat	750	United States
11	Kuaishou	685	China
12	Twitter	619	United States

CONCLUSION

Social media is a powerful tool. It helps teenagers communicate, learn, grow, and express themselves. But like any tool, it can be helpful or harmful — it depends on how it is used. By being smart, kind, and careful online, young people can enjoy the benefits of social media and stay safe at the same time.



The future is digital, and teenagers are already shaping it — one post at a time.

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