

# How social media controls the brain of children?

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### ABSTRACT

Children and teenagers nowadays are engaged in digital media. They are exposed to many types of media, such as television, laptops, cell phones, and other screens.

Children and teenagers' feelings, learning, thinking, and behaviour may all be influenced by Social media.

Users must be at least 13 years old to use most social networking applications.

However, according to a recent research, 50% of youngsters aged 10 to 12 and 33 % of children aged 7 to 9 use social networking applications.

If your kid is already using social media or has expressed an interest in doing so, it's vital to have a conversation with them about what it is, what limits you have for it, and how it doesn't always portray a true image of someone's life.

**Key Words:** *Children and teenagers; Behaviour; Social media; Cell phone*

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### INTRODUCTION

Children and teenagers nowadays are engaged in digital media. They are exposed to many types of media, such as television, laptops, cell phones, and other screens.

Children and teenagers' feelings, learning, thinking, and behaviour may all be influenced by Social media.

Users must be at least 13 years old to use most social networking applications. However, according to a recent research, 50% of youngsters aged 10 to 12 and 33 % of children aged 7 to 9 use social networking applications.

If your kid is already using social media or has expressed an interest in doing so, it's vital to have a conversation with them about what it is, what limits you have for it, and how it doesn't always portray a true image of someone's life.

"Most individuals only post what they want you to see on social media." And, thanks to social media, we all have the potential to access limitless knowledge at any moment, which can be difficult for children."

### Did you know?

- Nearly 75% of teenagers own a smartphone. They have access to the Internet, can watch television and movies, and can download interactive apps (apps). Photo sharing, gaming, and video conferencing are all possible with mobile applications
- Twenty-five percent of teenagers say they are "always connected" to the Internet
- At least one social networking site is used by 76 percent of teenagers. Over 70% of teenagers use numerous social media platforms, including Facebook, Snapchat, and Instagram
- Four out of every five homes (families) own a gaming gadget

The most active users on social media are children. Parents are increasingly concerned about the effects of social media on their children. There has already been plenty written on social media's capacity to change people's minds and communication styles. However, if you are unable to oversee your child's social media activities, it may lead them down a poor road. There are also other choices available nowadays, such as pokes, chats, and emoticons, that assist bridge the gap between individuals with a simple click .

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As a big part of a child's life, most young children are more familiar with smartphones and tablets, as well as the social media features, than adults. As a result, as a parent, you must understand how to manage a social media account and be aware of the technology for tracking your child's activity on various social media platforms. Explore the good and bad impacts of social media on children in this article.

### Positive effects of social media on children

You may connect with individuals from all around the world via social media. Social media has a good impact on children in the following ways:

- Assists youngsters in making connections with their extended relatives and friends
- Aids in the development of improved views on a variety of topics
- They will be able to learn new things, share ideas, and improve their networking abilities
- It assists in providing an excellent platform for your child's knowledge enhancement
- It enables youngsters to express themselves freely and motivates them to improve their communication skills
- Your child's growth of technical competence and practical comprehension of technology is aided by social media

### Negative effects of social media on children

Young minds are malleable, and social media has the potential to shape the way your child thinks and acts. She is naive and unable to distinguish between good and bad at her age. There is a negative side to social networking. There is a flipside to social media, just as there is a dark side to the narrative of Ying and Yang. Some common, yet alarming, outcomes that demonstrate why social media is harmful to children:

- The breadth of social media assures that the reach of knowledge is uncontrollable. Children may come across vulgar, damaging, or graphic websites as a result of such scenarios, which may have an impact on their thinking process.
- Another developing tendency on social media networks is cyberbullying. Cyberbullying has the potential to be life-threatening. Every year, it takes the lives of a large number of people. Cyber bullying has resulted in a high incidence of adolescent and other juvenile suicides in Australia.
- It's a waste of time. We believe that social media is beneficial, but there is such a thing as "too much of a good thing." Spending too much time with your child might have a detrimental impact on them and can lead to social media addiction. Addiction can show up as a variety of symptoms and can have a negative impact on your child's physical health.
- A child's capacity to form solid interpersonal ties might be harmed by excessive use of social media. The torrent of knowledge might overwhelm your youngster, who is moldable.

When used responsibly and under parental supervision, social media may have a good influence on children. You may teach kids about the benefits and drawbacks of social networking once they are a bit older. Create an environment where kids may confide in you if they are having problems or have questions. If you suspect they spend much too much time on social media and get agitated or uncomfortable when refused access, you should consult a therapist to rule out or treat social media addiction.

### Solution

Social media may have a good impact on your child, such as teaching them how to speak with others, navigate relationships, and deal with someone who isn't treating them well. As a result, avoiding all social media may not be the best option for your children.

If you do decide to allow your children to use social media, make sure you communicate to them about your and their expectations.