A Letter to Adults

Dear adults,

As a fourteen year old teenager, I know a lot about what teens think, feel, stress, and care about, one of those things is social media. Being born into a generation of technology, most of us rely on our phones and the apps that come with them. Thetgou''Kpuci tco .''Upcr ej cv.''Xkpg.'' Vsco, etc. All of these different apps and more can be really fun but also very dangerous, especially to people as young as we are. Teenagers now a days post funny or surprising things that happen in their lives onto social media cpf ''yj cvou'r gthgewn("pqto cn''j qy gxgt. ''yj cv'cnnq''rgcf u" them into getting used to the idea of posting everything onto social media, sometimes forgetting that the whole world sees their content. Soon enough, they get to the point of posting their entire lives onto the web cpf 'f qpov'gxgp'tgcrk g'kv'wpvkri'y g''cf wnw''qt''r ctgpw''pqvkeg''yj cv'kxou''cp'' addiction.

Kcf o kx."KJ cxg"cp"cff kevkqp"\q"o { 'r j qpg"cpf "Ko "pqv'r tqwf "qh'kx."\j gtg"ctg"\ko gu'y j gp"K lay in my bed after waking up and spend almost four hours on my phone, before even getting any

and not everyone has friends either. As for the therapist, yes, they are very helpful but not every how knows have the compared to the compare

Cpqyi gt 'tgcuqp'hqt'y j { "wu'\ggpu'o ki j v'wug'uqekcn'o gf kc'ku'dgecwug'kwu'hwp0[qw'i gv'\q" connect with your friends outside of school, tag them in things you think are funny, interact with r gqr rg'htqo "qyi gt'uej qqnu."cpf 'r quv'tgcm{ "eqqn'yi kpi u'*o quv'qh'yi g''\ko g+0\kwu'hwp'\q''uj ctg''{qwt'' greatest life moments with your friends online, it really is. I became friends with so many great people through the internet that go to other schools, so social media is a great way for me to be more social and out there.

There are a lot of great things to take from the apps that we have on our phones and there are also lots of bad things that can happen when using them. You, adults, probably think you know your teenager pretty well because you monitor all of their social medias, right? Well, here are some apps you may not think your child has, but they probably do. Vsco - this is an app where you just post pictutgu'cpf 'xkf gqu.'\'i gtg''ctg'hqmqy gtu'qp'\'i gtg''dw'\'i cv'f qgupøv'o cwgt" because everyone can access and look at his/her posts. Kids think that because this app is not really well known that they can post pictures of their drugs or alcohol without getting caught. Cm quv'gxgt {qpg'r quvu'vj g'rkpm'vq'vj gkt 'xueqøu'kp'vj gkt 'Kpuvci tco 'dkq.'vj g'i qqf 'vj kpi 'hqt'r ctgpvu'ku'' yj cv"{qwfqpøv'pggf '\q'fqy pmcf '\q g''crr '\q'ugg"{qwt '\ggp@u'eqpvgpv0"Qh'eqwtug. '\j cvou'r tgw{ 'dcf " news for us kids. Another app you might not think your child has is something called a Finsta. A Finsta is not an app - køu'lwuv'c'ugeqpf 'ceeqwpv'vj cv'vggpu'o cng'qp''Køuvci tco .'vj cvøu'y j gtg'kv'i gwu' the name from because it stands for Fake Instagram. The purpose of a Finsta is to post funny content that you wownf pøv'cewcm{ 'r quv'qp"{ qwt 't gcn'l buci tco 'ceeqwpv.'cpf 'vj g{ 'eqo g'wr 'v kj " clever names so that not a lot of people know about it. The bad thing for you adults is that teens ecp"o cmg"\\digkt"Hkpuvc\\alpha\'r tkxc\\gamma."\upartug'\wpnguu\"\qw\'y cpv\\d\"o cmg\'\d\"o cmg\' {qw'ecpøv'tgcm{"ur {"qp"yj go 0'Hkpuvcøu'i kxg"\ggpu"yj g"qrrqtwpkv{"\q'rquv'y j cvgxgt"yj g{"y cpv'qp" their account, including them with drugs and alcohol, without having to worry about their parents 1 1 pv" hkpf py'qp" VS WW

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