

## 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. There are so many apps like Instagram, Snapchat, Tik Tok, and 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 nowadays post funny or surprising things that happen in their lives onto social media and they get so 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 and become addicted to it.

One day I woke up and I spent 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

connect with your friends outside of school, tag them in things you think are funny, interact with  
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 pictures of their drugs or alcohol without getting caught.  
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.  
news for us kids. Another app you might not think your child has is something called a Finsta. A  
Finsta is not an app - the name from because it stands for Fake Instagram. The purpose of a Finsta is to post funny  
content that you wowf pø'cewcm{ 'r quv'qp' "{ qwt'tgcn'kpucci tco 'cee'qwpv.'cpf 'vj g{ 'eqo g'w' 'y kj "

gxgp"vj qwi j "{qw"o ki j v'pqv'wpf gtucpf "j cv"{g0Uq"r ctgpw'cpf "cf wmu.'y cvej "qw'hqt"{qwt'vggpøi"