

Social Media Use

As I have become older, I have realised that I use my phone less and less. The reason why I don't use my phone as often, especially social media, is because I don't have as much free time to spare scrolling through Instagram and Twitter etc. as I used to. I now have more homework and extra-curricular clubs, which means that any time I do have spare is taken up eating, sleeping or talking to my friends and family. Personally, I think that this is a good thing, because only now do I realise how many hours I used to waste staring at a screen!

Obviously, when I was younger, I didn't realise that I had an addiction to my phone, but as I used to spend hours upon hours consistently watching YouTube videos or looking at social media, rather than going outdoors or spending time with my family I now know that I did. I think it is very important that we encourage the younger girls to turn off their phones and actually spend time talking with their friends face to face - rather than going on social media, because you don't get a real connection online like you do in reality.

Since social media usage is only growing, I think it is now harder than ever to get younger girls to stop being on their phones as much, because there is always another Instagram post or Snapchat story they could be looking at, as it is constant and quick. Furthermore this creates a lot of pressure on us to post often and try to portray a life that we don't actually lead. We need to encourage girls not to feel like they need to always be posting snapchats showing people how amazing their daily lives are, and encourage them to actually live in the moment!

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