

TEXT WITH LINKERS

Many teenagers use social media every day. **First**, they check their phones in the morning **and** look at messages from their friends. **Then**, they watch short videos **and** scroll for a long time.

On one hand, social media helps people stay in contact. **For example**, teenagers share photos of their lives **and** post about their hobbies. **In addition**, they follow their favorite celebrities **and** learn about new trends.

Some students use social media for school **too**. **For instance**, they create group chats for homework **so that** they can share information about exams. They **not only** send pictures of their notes **but they also** help each other with difficult tasks.

On the other hand, social media also has disadvantages. Some teenagers compare themselves to others **so** they feel unhappy about their appearance.

They **also** spend too much time online **and as a result** they sleep fewer hours at night.

Therefore, parents worry about these problems **and** teachers talk about online safety **as well**. **Due to this**, schools organize special lessons **so that** students can learn how to protect their privacy **and** behave respectfully online.

In conclusion, social media is part of modern life, **and** teenagers cannot imagine a day without it. **However**, they need to learn how to use it in a healthy way.