

Staying in touch with friends who live far away.

Sharing creative content such as photos, drawings or videos.

Using social media as a news source.

Watching short videos for entertainment.

Using filters on photos.

Following celebrities and influencers.

Posting daily updates about your life.

Believing fake news shared by friends.

**Feeling anxious when you don't get
enough likes.**

**Experiencing cyberbullying or hate
comments.**

**Checking your phone late at night
instead of sleeping.**

**Comparing yourself to influencers and
feeling worse about your appearance.**

**Raising awareness about important
social issues.**

**Finding inspiration for hobbies (art,
sports, fashion, music).**

**Joining online study groups and
learning communities.**

"How Social Media Shapes Teenagers' Daily Lives"

Źródło: Youth Digital Habits Report, European Media Institute, 2023

Social media has become a central part of teenagers' everyday routines. Most teens check their phones immediately after waking up and continue using social media throughout the day. According to recent surveys, teenagers spend between three and five hours daily on platforms such as Instagram, TikTok and Snapchat. These apps help young people stay connected and express themselves creatively. Many teens say they enjoy sharing photos, watching short videos and chatting with friends.

However, researchers also point out several challenges. Constant notifications make it difficult for students to focus on homework or school tasks. Some teenagers report feeling stressed when they cannot check their phones for a long time. Experts warn that too much screen time may affect sleep quality and concentration. Despite these concerns, social media remains one of the most important tools in teenagers' social lives.

"The Emotional Effects of Online Interaction"

Źródło: Mental Health and Technology Survey, Global Youth Foundation, 2024

Online communication can be both supportive and harmful for teenagers. Many young people say that social media helps them feel less lonely, especially when they can talk to friends who live far away. Messaging apps and online communities allow teens to share their thoughts, ask for advice and receive emotional support. For some students, social media is a safe space where they can express themselves freely.

At the same time, online interaction can create emotional pressure. Teenagers often compare themselves to influencers or edited photos, which may lead to lower self-esteem. Studies show that nearly half of teenagers feel pressure to look perfect online. Cyberbullying is also a serious problem — one in three teens has experienced hurtful comments or messages. Psychologists recommend taking regular breaks from social media to protect mental well-being and reduce stress.

“Misinformation and Digital Responsibility”

Źródło: Digital Literacy in Schools Report, European Education Council, 2023

Teenagers increasingly use social media as their main source of news. While this makes information more accessible, it also increases the risk of encountering misinformation. Fake news spreads quickly, especially when shared by friends or influencers. Many teens admit that they sometimes believe information that later turns out to be false.

Teachers and psychologists emphasize the importance of digital responsibility. Young people should learn how to check sources, compare information and think critically before sharing posts. Some schools have already introduced lessons on digital literacy to help students understand how online algorithms work and why certain content appears on their feeds. Experts say that developing these skills is essential for safe and responsible use of social media.

“Social Media and Academic Performance”

Źródło: Student Study Habits Analysis, International School Research Group, 2024

Social media can influence students' academic performance in different ways. On the positive side, many teenagers use online platforms to find study materials, watch educational videos or join group chats where they can discuss homework. Some students say that social media motivates them to learn new skills, such as languages, photography or coding.

However, social media can also become a major distraction. Notifications, messages and short videos often interrupt studying, making it difficult to stay focused for longer periods of time. Research shows that students who check their phones frequently during homework usually need more time to complete tasks. In addition, late-night scrolling can reduce sleep quality, which affects concentration the next day. Experts suggest setting clear rules for screen time to maintain a healthy balance between online activity and school responsibilities.