Is Social Media Good for Teenagers?

Seviye B1–B2 · Konuşma · Okuma · Yazma

Warm-up

- Which social media apps do you or your friends use?
- How do you feel after spending an hour on social media?

Reading

Yes: Social media helps teenagers stay in touch with friends and family, even when they live far away. It gives young people a place to share their art, music or ideas and to find others with the same interests. Many teenagers also learn about the news and important social issues through social media.

No: On the other hand, many experts are worried. Teenagers often compare themselves to the perfect photos they see online, which can lower their self-esteem. Endless scrolling can take time away from sleep, homework and sport. There are also risks such as cyberbullying and false information.

It depends? Many people believe the answer depends on how social media is used. Following creative accounts and chatting with real friends may be positive, while spending hours comparing yourself to influencers may not be. Setting time limits and turning off notifications can help.

Vocabulary

English	Türkçe	Example
stay in touch	iletişimde kalmak	*I stay in touch with my old classmates online.*
issue	mesele, konu	*Climate change is an important issue.*
compare	karşılaştırmak	*Don't compare yourself to others.*

self-esteem	özsaygı, özgüven	*Sport can improve your self-esteem.*
influencer	fenomen, etkileyici kişi	*The influencer has two million followers.*
false information	yanlış bilgi	*Always check if a news story is false information.*

Language focus

Kalıp	Örnek
Zıtlık bağlaçları	Although social media connects people, it can also make them feel lonely. / Chatting may be positive, while endless scrolling may not be.
Olasılık (may / can)	It may be positive. / It can lower self-esteem.
Duruma bağlı	It depends on how you use it.

Discussion

1. Is social media more positive or negative for you personally?
2. At what age should young people be allowed to use social media?
3. Who should protect teenagers online: parents, schools or the apps themselves?
4. How can you tell if information online is false?

Tasks

Choose the correct answer. *(Doğru seçeneği işaretleyin.)*

1. Which is a POSITIVE point in the text?

a) Teenagers compare themselves to perfect photos

b) It helps teenagers stay in touch with friends and family

c) Endless scrolling takes time away from sleep

d) There is a risk of cyberbullying

Fill in the blanks. *(Boşlukları doldurun.)*

2. _____ social media connects people, it can also make them feel lonely.

Write True (T) or False (F). *(Doğru mu yanlış mı?)*

3. The text says that comparing yourself to perfect photos can lower self-esteem. ( )

4. According to the text, all experts agree that social media is harmless. ( )

Match the items. *(Eşleştirin.)*

5. Match the words with their meanings.

1. stay in touch ( )

2. self-esteem ( )

3. influencer ( )

4. issue ( )

a) an important topic or problem

b) keep communicating with someone

c) how much you value yourself

d) a person with many followers who affects what others think or buy

Write your answers. *(Cevaplarınızı yazın.)*

6. Write a paragraph (70–90 words): Is social media good for teenagers? Use at least two contrast linkers.

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> Speaking tasks. *(Konuşma görevleri: sınıfta sözlü yapın.)*

7. Debate: Choose a side and give two arguments in one minute. Use “although” or “however” at least once.