Facebook has over 1.79 billion users. An article that has intersting facts about social media is

"Teenage Social Media Butterflies May Not Be Such a Bad Idea by Melissa Healy," "Antisocial Networking By Hilary Stout is another articles that describes how social media has affected teenagers. Is technology impacting us in a positive way? Social media has helped a lot of people communicate in new ways. Social media does have a good impact it's an easy way to communicate with people, you are able to explore your interests, and you can express yourself.

The first reason why social media has a positive impact on us is its an easy way to communicate. You can stay in touch with fammily members that live far away. For example on instagram you can see photos of your family members that you don't see all the time. From Document A paragraph #9 "The teen ,who has scaled back a once all-consuming commitment to gymnastics ,keeps in touch with friends and coaches from that phase of her life as well as with current friends that Mills knows well. This quote shows that Facebook and other social media are ways for old and current friends to keep in touch. It's good to have technology because you could talk to many people at once through instant messaging, texts, or video chats." This quote shows that you can communicate with people easily because it's quick. You could talk to multiple people at once. Therefore social media and technology make communicating easier.

The second reason how social media has a positive impact on us is by being able to explore your interests. You can make your own fan page of something you like on Social Media.

For example I have an app that's for Twenty One Pilots fans and it's a social media site where you can share your interests with others that have the same interests as you. From Document A paragraph 22 its says "The digital world is creating new opportunities for youth to grapple with social norm to explore interests, develop technical skills." You can talk about your interests on social media. From Document B page 5 "The next day she played in two softball games texting between innings and games about plans to go to a concert the next weekend. This shows that you are exploring your interests and having fun by making plans to go to a concert. These are ways that social media and technology are helping to explore your interests.

The last reason is that social media has positive benefits that is helpful for on to express themselves. For example, you could say something on twitter thay tou wold ne embarrassed to say in person. In Document A paragraph 3 it states "in fact kids most likely to spend lots of time on social media site are not the least well adjusted but the psychologically healthiest." From document B page 3 "they are essential to allowing kids to develop poise and allowing kids express their emotions. They are ways that show you can express yourself easier on social media.

Therefore social media has a positive impact on people. How does social media impact us? Social media is an easy way to communicate, you can explore your interests, and you can express yourself.