**PSA**

Intro:

Social media has taken a detrimental toll on humanity for the worse. It has created a new world where individuals are glued to their devices and everyday activity is decreasing. We have constructed a society where the walls of social standards are suffocating humanity.

**Social isolation:**

Common face to face conversation has been replaced with emotionless screens, eliminating the spark of human connection. People who use social media are more likely to feel socially isolated. During the last 50 years, regardless of location, gender, race or ethnicity, rates of loneliness have doubled in the United States

**Standards:**

We surround ourselves with images through our phones of what the “perfect” human is and create impossible ideas of what we need to look like to feel beautiful. We feel a sense of validation with likes and comments from others, Instagram saw this as such a concern that they removed the ability to see likes. ” We will make decisions that hurt the business if they help people’s well-being and health.” Said the CEO of Instagram

**Physical activity decrease:**

Sitting in front of screens can have negative impacts on metabolism. A team of researchers at Northwestern University found that the bright screens emitted from our devices can also slow down metabolism.

Conclusion:

**Social media has taken away the natural beauties of the world.** Take that extra step to recontrol your life. Go for a run, get that cup of coffee with a friend, and feel confident about who you are.

END

sources

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