

Hot Topic

Social Media

Argument from the 15-Year-Old Girl (Pro-Social Media)

“Look, social media isn’t just about selfies and trends. It’s actually been a lifeline for a lot of people, especially teens like us. For starters, social media helps us stay connected with friends and family, even if we don’t live near each other. I can keep up with cousins who live across the country, and it’s like we’re a part of each other’s lives even when we’re apart. Plus, it’s a great way to meet new people with similar interests or even learn new things! I’ve found so many amazing communities online—everything from art groups to study tips.”

“And yeah, social media sometimes gets a bad rep for creating fake images and putting pressure on us to look a certain way. But for every bad influencer, there are so many others spreading positive messages, helping people accept themselves and be real about their struggles. I follow accounts that talk about mental health, and it’s honestly comforting to see that other people go through the same issues as me. I know it can be easy to compare ourselves to others, but when you find the right people and content, it can be super inspiring.”

“Plus, social media isn’t just about scrolling endlessly—it actually provides real opportunities. There are so many teens making real careers or gaining new skills from it. People are out there sharing skills, learning to code, practicing languages, or even getting involved in social causes. Look at the way students organize around issues like climate change or equality. We have a voice, and social media is one of the only places we can use it widely to make a real difference.”

Argument from the 15-Year-Old Boy (Anti-Social Media)

“Yeah, but I think you’re kind of missing the big picture about social media. Sure, it can connect people, but it also causes a lot of problems. For one, it’s addictive. Most of us spend hours on there without even realizing it, and it’s not healthy. Studies have shown that people, especially teens, can become totally hooked, constantly checking likes, comments, and feeds. It eats up time we could be using for school, sports, or hobbies.”

“And you mentioned mental health support, but what about the downsides? There’s a ton of pressure on social media, and it messes with our self-esteem. When you’re constantly seeing people with perfect bodies, cool outfits, and amazing vacations, it’s hard not to feel like your own life isn’t good enough. Research has linked social media use with depression, anxiety, and even eating disorders in

teens. People can also be really mean online, with bullying being way worse than in real life because there's less accountability. Cyberbullying affects so many kids, and it can feel impossible to escape from it when it's all over the internet.”

*“And you say it's a tool for learning, but a lot of the stuff on social media isn't reliable. Misinformation spreads super quickly, and sometimes it's hard to tell what's true. Some people believe everything they see, which makes social media dangerous when it comes to important stuff like health, politics, or even history. I get that it has some positives, but I think we'd be better off if we spent less time online and focused more on real life, like hanging out in person, working on real projects, or even just taking a break from constant notifications. Social media may have its good sides, but overall, it causes more problems than it solves.”

Verses Supporting the Girl's Pro-Social Media Argument

1. Connecting with Others and Building Community

- *Hebrews 10:24-25*: “And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”
- This verse encourages Christians to gather and encourage each other, a practice that social media enables on a broad scale, especially when physical gatherings aren't possible.

2. Using Social Media to Share Positive, Faith-Based Messages

- *Matthew 5:16*: “In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.”
- Social media can be a platform to “let your light shine,” sharing God's love and positive messages with a wider audience.

3. Promoting Learning and Good Works

- *Proverbs 27:17*: “Iron sharpens iron, and one man sharpens another.”
- Social media can connect people with similar interests, helping believers “sharpen” one another through shared wisdom, support, and encouragement in their faith journey.

4. Engaging in Social Causes and Justice Work

- *Micah 6:8*: “He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”
- Social media is often used to raise awareness and gather support for social justice causes. This verse encourages Christians to pursue justice, and social media can be a tool for making a difference on issues that align with Christian values.

Verses Supporting the Boy's Anti-Social Media Argument

1. Guarding Against Addiction and Time-Wasting

- *Ephesians 5:15-16*: “Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.”
- This verse suggests the importance of using time wisely and not letting things like social media consume us or lead to procrastination.

2. Avoiding Harmful Comparisons and Protecting Mental Health

- *Galatians 6:4-5*: “Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.”
- Social media can lead to unhealthy comparisons that affect self-esteem. This verse advises believers to focus on their own journey without constantly comparing themselves to others.

3. Beware of Misinformation and Deception

- *Proverbs 14:15*: “The simple believe anything, but the prudent give thought to their steps.”
- Social media often spreads misinformation. This verse reminds believers to be prudent, checking the truth before accepting information at face value.

4. Avoiding Gossip and Slander

- *James 3:6*: “The tongue is also a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one’s life on fire, and is itself set on fire by hell.”
- This verse warns against the destructive power of speech, which can easily happen through social media comments and messages, contributing to negativity or harmful gossip.

These verses underscore that while social media has the potential to be a powerful tool for good, it also comes with significant risks, requiring thoughtful and responsible use.