

# The Impact of Social Media on Young People

COMPREHENSION • VOCABULARY • DISCUSSION

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## Reading Passage

Read the passage carefully. Each paragraph is labelled with a letter for easy reference.

- A** Social media has become a significant part of daily life for many young people. Platforms like Instagram, TikTok, and Snapchat allow users to share photos, videos, and updates with their friends and followers. Many young people spend several hours each day scrolling through their feeds, watching videos, and connecting with others. This can have both positive and negative effects on their lives. On one hand, social media helps young people stay in touch with friends and family, especially those who live far away. They can share important moments, such as birthdays or graduations, through posts and stories. Additionally, social media can be a source of inspiration and creativity. Young users often find new hobbies, trends, and ideas that they enjoy and want to explore further.
- B** On the other hand, excessive use of social media can lead to problems. Some young people may feel pressure to present a perfect image online, which can affect their self-esteem. They might compare themselves to others and feel inadequate. Cyberbullying is another serious issue that can arise, causing emotional distress. Parents and educators are concerned about how much time young people spend online and the content they consume. It is essential for young users to find a balance between their online and offline lives. By setting limits and being mindful of their social media use, they can enjoy its benefits while reducing potential harm.

## Vocabulary Glossary

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Key words and phrases from the passage. Study them before attempting the exercise below.

| WORD / PHRASE        | DEFINITION  | EXAMPLE SENTENCE   |
|----------------------|---|--|
| <b>significant</b>   | important or big enough to have an effect                       | <i>Winning the award was a significant moment in her life.</i>             |
| <b>platforms</b>     | websites or apps where you can share content with others        | <i>Facebook and Twitter are popular platforms for sharing news.</i>        |
| <b>followers</b>     | people who subscribe to see what you share online               | <i>She has over 10,000 followers on Instagram.</i>                         |
| <b>feeds</b>         | the part of a social media site where you see updates and posts | <i>I enjoy scrolling through my feed to see what my friends are doing.</i> |
| <b>inspiration</b>   | something that makes you want to do or create something         | <i>The beautiful scenery gave her inspiration to paint.</i>                |
| <b>excessive</b>     | more than is necessary or normal                                | <i>Eating excessive amounts of candy is bad for your teeth.</i>            |
| <b>self-esteem</b>   | how good or bad you feel about yourself                         | <i>Compliments from friends can boost your self-esteem.</i>                |
| <b>cyberbullying</b> | bullying that happens online through messages or posts          | <i>Cyberbullying can be as harmful as bullying in person.</i>              |
| <b>inadequate</b>    | not good enough or not enough                                   | <i>He felt inadequate when he couldn't solve the math problem.</i>         |
| <b>mindful</b>       | paying careful attention to something                           | <i>Be mindful of your surroundings when walking alone at night.</i>        |

### Vocabulary Exercise — Fill in the Blank

Use one word or phrase from the glossary above to complete each sentence. Each item is used only once. Answers are on the final page.

1. It's important to be \_\_\_\_\_ of how much time you spend on your phone.
2. Social media \_\_\_\_\_ let users connect and share content.
3. He has a lot of \_\_\_\_\_ who like and comment on his photos.
4. Spending \_\_\_\_\_ hours online can lead to negative effects.
5. Receiving positive feedback can help improve your \_\_\_\_\_.
6. Many young people find \_\_\_\_\_ for art and music online.

## Comprehension Questions

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*These questions are different from the online practice test. Choose the best answer (A, B, C, or D). Answers and explanations are on the final page.*

### Question 1

**What is one negative effect of social media mentioned in the passage?**

- A. Improving communication skills
- B. Causing emotional distress
- C. Helping to find new hobbies
- D. Staying in touch with family

### Question 2

**Why might young people feel pressure on social media?**

- A. To share educational content
- B. To post frequently
- C. To present a perfect image
- D. To keep up with news

### Question 3

**What does the author suggest to reduce the potential harm of social media?**

- A. Using only one platform
- B. Taking long breaks from all technology
- C. Finding a balance between online and offline life
- D. Deleting all accounts

### Question 4

**What role do parents and educators play according to the passage?**

- A. They create new social media platforms.
- B. They are concerned about the time spent online.
- C. They encourage more media use.
- D. They monitor all online activities.

### Question 5

#### Why might social media be a source of creativity for young people?

- A. It forces them to create art.
- B. It helps them find new trends and ideas.
- C. It makes them attend art classes.
- D. It limits their exposure to new content.

### Discussion & Writing Prompts

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*Each prompt references a specific detail from the passage above. Use for classroom discussion or a short written response (150–200 words).*

1. The passage mentions that young people often feel pressure to present perfect images online. Do you experience this pressure, and how do you cope with it?

2. Paragraph 1 discusses the role of social media in helping young people stay in touch with distant family and friends. How effective do you think social media is for maintaining these connections compared to face-to-face communication?

3. The passage states that cyberbullying is a serious issue on social media. What measures do you think social media companies should take to address this problem effectively?

# Answer Key

## COMPREHENSION QUESTIONS

Q1 B

Q2 C

Q3 C

Q4 B

Q5 B

## VOCABULARY EXERCISE

FIB1 mindful

FIB2 platforms

FIB3 followers

FIB4 excessive

FIB5 self-esteem

FIB6 inspiration

## Comprehension Question Explanations

Why the correct answer is right — and why each wrong option is incorrect.

### 1. What is one negative effect of social media mentioned in the passage?

✓ B — Causing emotional distress The passage mentions cyberbullying as causing emotional distress.

✗ A — Improving communication skills *The passage does not mention improving communication skills as a negative effect.*

✗ C — Helping to find new hobbies *Finding new hobbies is mentioned as a positive effect, not a negative one.*

✗ D — Staying in touch with family *Staying in touch with family is mentioned as a positive effect.*

### 2. Why might young people feel pressure on social media?

✓ C — To present a perfect image The passage mentions that young people may feel pressure to present a perfect image online.

✗ A — To share educational content *The passage does not discuss pressure to share educational content.*

✗ B — To post frequently *Posting frequency is not mentioned as a source of pressure.*

✗ D — To keep up with news *Keeping up with news is not discussed as a pressure in the passage.*

### 3. What does the author suggest to reduce the potential harm of social media?

✓ C — Finding a balance between online and offline life The author suggests finding a balance between online and offline lives.

✗ A — Using only one platform *The author does not suggest using only one platform.*

✗ B — Taking long breaks from all technology *Long breaks from all technology are not mentioned.*

✗ D — Deleting all accounts *The author does not suggest deleting all accounts.*

### 4. What role do parents and educators play according to the passage?

✓ B — They are concerned about the time spent online. The passage states that parents and educators are concerned about how much time young people spend online.

✗ A — They create new social media platforms. *Creating new platforms is not mentioned in the passage.*

✗ C — They encourage more media use. *The passage does not mention that they encourage more media use.*

✗ D — They monitor all online activities. *The passage does not state that they monitor all online activities.*

### 5. Why might social media be a source of creativity for young people?

✓ **B — It helps them find new trends and ideas.**

The passage mentions that social media can be a source of inspiration and creativity by helping young users find new trends and ideas.

✗ **A — It forces them to create art.**

*The passage does not suggest that social media forces them to create art.*

✗ **C — It makes them attend art classes.**

*Art classes are not mentioned in the passage.*

✗ **D — It limits their exposure to new content.**

*The passage suggests the opposite, that social media expands exposure to new content.*

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