

ALLEGATO 17

Effects of facebook on teenagers

Social networking sites, most notably [Facebook](http://www.avoidfacebook.com/facebook/) have become so popular today that they are the leading words on the lips of every teenager. [Facebook](http://www.avoidfacebook.com/facebook/) has more than 750 million users today. You love to spend most of your [time](http://www.avoidfacebook.com/2012/04/16/minimize-facebook-time-2/) checking your [Facebook](http://www.avoidfacebook.com/facebook/) updates, but do you know that there are many [negative](http://www.avoidfacebook.com/2011/10/21/facebook-negative-effects/) effects of using [Facebook](http://www.avoidfacebook.com/facebook/).

[](http://www.avoidfacebook.com/2011/10/02/effects-of-facebook-on-teenagers/teenagersfacebook/)

Effects of Facebook on Teenagers

Most of the [teenagers](http://www.avoidfacebook.com/2011/10/02/effects-of-facebook-on-teenagers/teenage%20http:/www.avoidfacebook.com/2011/10/02/effects-of-facebook-on-teenagers/) don’t realize the [negative](http://www.avoidfacebook.com/2011/10/21/facebook-negative-effects/) impact of [Facebook](http://www.avoidfacebook.com/facebook/) on their life. And, the main reason is because they are already [addicted](http://www.avoidfacebook.com/2012/01/23/facebook-addiction/) to it. And, this [addiction](http://www.avoidfacebook.com/2012/01/23/facebook-addiction/) can lead to several [negative](http://www.avoidfacebook.com/2011/10/21/facebook-negative-effects/) developments. You will find 7 [negative](http://www.avoidfacebook.com/2011/10/21/facebook-negative-effects/) effects of this social networking site that should encourage you to start avoiding it.

The first [negative](http://www.avoidfacebook.com/2011/10/21/facebook-negative-effects/) [effect](http://www.avoidfacebook.com/2011/04/28/facebook-effect-on-society/) of [Facebook](http://www.avoidfacebook.com/facebook/) is that a teenage user starts losing interest in his or her surroundings. You would be [addicted](http://www.avoidfacebook.com/2012/01/23/facebook-addiction/) to [Facebook](http://www.avoidfacebook.com/facebook/) and the only thing you would be concerned about will be your “own” world, which is inside [Facebook](http://www.avoidfacebook.com/facebook/).

The second [negative](http://www.avoidfacebook.com/2011/10/21/facebook-negative-effects/) [effect](http://www.avoidfacebook.com/2011/04/28/facebook-effect-on-society/) is that your real-world social interaction will start diminishing. There is no doubt that you are going to have hundreds of [friends](http://www.avoidfacebook.com/2012/01/09/facebook-friends-list/) on [Facebook](http://www.avoidfacebook.com/facebook/), but with how many of them would you be interacting out in the real world. As a human being, you are a social creature and you naturally require real-world social interaction. When you are going to spend maximum of your [time](http://www.avoidfacebook.com/2012/04/16/minimize-facebook-time-2/) on the Internet, you are going to decrease your [communication](http://www.avoidfacebook.com/2012/05/09/facebook-and-communication/) and social skills.

Another [negative](http://www.avoidfacebook.com/2011/10/21/facebook-negative-effects/) impact will be on your [health](http://www.avoidfacebook.com/2012/02/08/facebook-and-health/). There is a very high chance that excessive use of [Facebook](http://www.avoidfacebook.com/facebook/) leads to the users becoming obese. You would be sitting most of the [time](http://www.avoidfacebook.com/2012/04/16/minimize-facebook-time-2/) in front of the computer, eating snacks and without any physical activities. And, over a period of [time](http://www.avoidfacebook.com/2012/04/16/minimize-facebook-time-2/) you are going to accumulate all the extra pounds.

[Facebook](http://www.avoidfacebook.com/facebook/) is also going to minimize your [study](http://www.avoidfacebook.com/2011/04/05/facebook-and-studying/) [time](http://www.avoidfacebook.com/2012/04/16/minimize-facebook-time-2/). Rather than spending your [time](http://www.avoidfacebook.com/2012/04/16/minimize-facebook-time-2/) on [Facebook](http://www.avoidfacebook.com/facebook/), you would better start browsing some educational sites that relate to your school course.

For [Facebook](http://www.avoidfacebook.com/facebook/) users, family doesn’t come first, but [Facebook](http://www.avoidfacebook.com/facebook/) does. For them their online [friends](http://www.avoidfacebook.com/2012/01/09/facebook-friends-list/) are more important than their family members.

The sixth [negative](http://www.avoidfacebook.com/2011/10/21/facebook-negative-effects/) [effect](http://www.avoidfacebook.com/2011/04/28/facebook-effect-on-society/) of [Facebook](http://www.avoidfacebook.com/facebook/) is that your personal data becomes public on this social site, threatening your privacy. This is not reasonable, unless you want to be contacted by hundreds of people that don’t know you.

The seventh [negative](http://www.avoidfacebook.com/2011/10/21/facebook-negative-effects/) [effect](http://www.avoidfacebook.com/2011/04/28/facebook-effect-on-society/) of [Facebook](http://www.avoidfacebook.com/facebook/) is that it increases the chances of online conflict. [Facebook](http://www.avoidfacebook.com/facebook/) is populated with immature individuals who create bizarre statuses, upload awkward images and carry out absurd actions. And, this can lead to conflicts between people.

Given these [negative](http://www.avoidfacebook.com/2011/10/21/facebook-negative-effects/) effects of [Facebook](http://www.avoidfacebook.com/facebook/) it is up to you to decide the degree to which you want this social networking site to enter into your life. Getting [addicted](http://www.avoidfacebook.com/2012/01/23/facebook-addiction/) to [Facebook](http://www.avoidfacebook.com/facebook/) is certainly going to increase [problems](http://www.avoidfacebook.com/2011/10/06/facebook-problems-today/) in your life, but if you can restrict or avoid the use of this non-productive aspect of your life, you are going to stay away from troubles. Hence, it is up to you to decide how you want to use [Facebook](http://www.avoidfacebook.com/facebook/).