The Negative Impact of Social Media on Teenagers Social media has become an integral part of daily life for many teenagers, offering opportunities for social connection and self-expression.By understanding these risks, parents, educators, and teens themselves can become better equipped to navigate the challenges social media presents, fostering healthier digital habits and more supportive environments.Awareness and open communication between teens and adults are crucial to mitigating these harmful effects and encouraging balanced, mindful use of social media.The constant exposure to curated, idealized images often leads to unfavorable self-comparisons, which damage self-esteem.We will examine key areas of concern such as anxiety, depression, cyberbullying, and the distortion of self-image.The addictive nature of social platforms can disrupt sleep patterns and reduce physical activity, further impacting mental health.In addition, cyberbullying is a pervasive issue that may cause psychological distress and social withdrawal.This document explores the negative effects social media can have on teenagers' mental health, self-esteem, and overall well-being.However, its influence is not without significant drawbacks.