

?Technology has greatly affected our daily lives, as most companies and jobs that many people work in have become online, and there are positive and negative factors to this technology. Due to negligence, problems arise that sometimes lead to dire consequences that destroy safe families. In my opinion, the Internet should be used cautiously with teenage people in order to be able to deal and communicate properly with the community. ?One of the most important positive effects of technology is the improvement of communication methods and the increase in the closeness of the world. We can now communicate with anyone anywhere in the world easily and effectively, whether for personal or business purposes. Using social media in an unstudied manner makes a person communicate with the strange world and distance himself from his close world of family and relatives. In addition, technology has transformed the ways of working and production. One of the negative aspects of modern technology is that it leaves negative effects on both mental and physical health as well as on social life.