The Internet is a great technology that people have been using for years and will continue in the future.?Most young people suffer from multiple diseases, such as poor vision, and these diseases are caused by unreasonable sitting and neglect of exercise ?the advantage of the Internet is the ?Quick access to the information we want ?Using computers and the Internet to conduct transactions in a fast and accurate manner ?The Internet also allows you to see the world and learn about all the customs and traditions of people.There are many disadvantages to the Internet, as there are many advantages.Disadvantages such as people being addicted to sitting on it for long hours.This leads to an inability of society to develop.You can also learn online through distance learning, which makes it easier for you to learn things that you would not otherwise have access to due to distance.Some people think that the Internet is bad and others appreciate this invention, I believe it depends on how a person uses the Internet whether it benefits them or the opposite.