Impact of social media on children

In the past weeks, several developed countries were debating on banning smartphones and social media for children and teenagers. Several voices were raised: "Social media is a tool; children need wisdom to use it, not freedom to be used by it."

"Children don't need more screens — they need more guidance."

"Technology moves fast; childhood should not be rushed."

Many mentors and educators insisted: "Walk with children online, not just behind them."

"The strongest parental control is a listening ear."

"Teach children when to log in, and when to log out." And all of them called for more family time, parental love and care. Surely, before giving them a phone, we need to give them values — temperance, resilience, lessons on setting priority.

Last year, in my neighbourhood, I witnessed three cases of suicide among school-going teenagers. Two of them were related to the use of smartphones. A teenager took poison because the mother restricted the use of the telephone, and another who demanded to have a phone but failed to get one.

Social media has become part of children and teenagers' lives.

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