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Socializing off of social media can be incredibly overwhelming for people and often times they rely on social media for comfort. Articles such as "Teenage Social Media Butterflies May Not Be Such a Bad Idea" by Melissa Healy, "Antisocial Networking ?" by Hilary Stout, and the infographic "Teenagers on Social Media: Socialization and Self-Esteem" by various researchers provide further information on social media. The youth now is addicted to social media, but it may not be such a negative addiction as people think. Some individuals like Stout will argue that social media is creating a rift between children and their ability to properly socialize but in reality social media reflects the real friendships children have, helps build trust in others, and it helps many express themselves.

First of all, social media is not the main cause for a user to act a certain way either online or offline. Social media is like a mirror it only reflects the things in front of it or in its view. When parents see their child acting strangely when around other children they probably blame the child's constant use of social media for their behavior. This blame towards social media may be out of concern but according to "Teenage Social Media Butterfly May Not Be Such a Bad Idea" children's friendships and online interactions reflect their friendships and interactions offline. This basically means that social media itself is not causing children to lose their social skills but actually just reflects their personality and interactions regardless of race, gender, and age. Many parents fear that their child will become reckless or hurt themselves, this of course is

a completely common worry. Healy states that "Kids who believe they can go to a parent with-any problem- are more willing to accept parental limits on their media use and appear to be less likely to seek out trouble online." This shows again that a child will not head for the wrong path simply alone on the usage of social media it depends on how they already act and how their parents have raised them. If he/she already has support and trust from their parents, they won't be involved in any conflicts. Media only reflects the interest, personality and actions of a person so it can't cause the loss of communication itself. This is one reason that shows social media is not always to blame and that it is not causing communication problem among individuals.

Furthermore, social media helps the individual build more trust in other which helps them rely on others when they are in need of any kind of support. People often say that the constant usage of social media causes the user to feel alone but in fact trust is an important factor of making friendships. As stated before, children who already trust their parents are more likely to be fine when using social media. The advances of digital media or technology have never changed whether the user has trust in their parents nor' "has it changed parenting skills" as stated by Healy. Social media can help the user open up more to people rather than make them feel alone since they will constantly feel surrounded by people with the same interests. The user may even feel like finding someone offline who shares the same interests, someone they will be able to trust and depend on. This further proves that social media is having more of a positive effect on a user's communication skills rather than creating a problem in communication.

Third of all, social media helps many users express themselves more freely and without having to fear face-to-face judgement. Often times individuals find themselves having a hard time expressing themselves because they fear the judgement that comes with self-expression.

Due to this fear many rely on social media to obtain the ability to freely voice their opinions and their personalities. According to the various researchers who created the infographic "Teenager on Social Media: Socialization and Self-Esteem" social media helps give users the freedom to express themselves as well as help them interact with their sexual preference. From this information it's made clear that social networks help many people express traits that make up their personalities or who they are an example of this can be sexual preference/identity. The same group of various researchers also state that social media platforms "Help those with social anxiety". After a user who suffers from social anxiety experiences and gets used to talking with others and voicing their views it can help them slowly overcome their social anxiety. The same thing can be said about someone who already suffered from depression, social media can give them an outlet in which they can take positive steps towards helping them with their illness. While some people may argue that letting someone who suffers from depression or anxiety on social platforms can leave them in a vulnerable state and lead them into unwanted conflicts such as being cyber bullied when in fact it really doesn't. In the article "Teenage Social Media Butterflies May Not Be Such a Bad Idea" a psychology professor named Kaveri Subrahmanyam states " I think the majority of kids use it [social media] in ways that don't jeopardize their well-being". A blogger named Mills also states in the article that "The dangers are the old dangers of who they hang out with". Again these sources of information show that users will only be in danger of being cyber bullied or involved in conflict depending on who they choose to be friends with or in other words their choices. This shows that social media being able to offer a way of self-expressions towards users is not creating a rift in people's communication skills.

In the end, social media networks are not creating a rift between people or their ability to socialize. Rather than create rifts social media reflects the real friendships children have, helps users build trust in others, and it helps many express themselves. Regardless of race, ethnicity and gender preference/ identity social media users are offered positive opportunities and outlets in which they feel less overwhelmed in.