

## Arguments for:

**We are arguing that the media and social media can help people live a healthy lifestyle**

These are some of our arguments:

- Huge numbers of people on the planet use social media and the internet. Positive health messages on the internet can reach millions of people easily.
- Part of living a healthy lifestyle is being able to relax and enjoy yourselves. TV and the internet give millions of people enjoyment.
- Social media allows us to stay in touch with people more easily than ever before, so we can have as many friends as we want to. If we feel upset there will always be someone to talk to about how we feel.
- Video games that have a social media part, like a messaging service, means that players can socialise at the same time as playing. Socialising with friends is healthy.
- Lots of people use Apps to share things like healthy recipes, and the internet is easy to search to get different ideas almost instantly.
- The internet means we can see sports and activities that we may have never seen before. This helps people get interested in taking up different activities.
- There are lots of websites that offer people advice about all sorts of health.
- TV reaches millions of people all over the world. TV programmes and adverts about how to be healthy can reach many people and educate them.
- Sporting events like the Olympics can be seen all over the world and motivate more people to be active.

## Arguments against:

**We are arguing that the media and social media does not help people live a healthy lifestyle**

These are some of our arguments:

- Social media means we don't talk to each other in person as much. Spending time with real people is much better for our health.
- It can be easy to misunderstand what somebody texts or messages and that can cause people to be upset for no reason and make them stressed.
- Videogames and TV encourage people to stay up late so they don't get enough sleep. Also, people who play too many games or watch too much TV don't get enough exercise.
- Social media and the media show us 'perfect people' like celebrities. It is not realistic or healthy to compare ourselves, especially when images have been altered.
- It is easy to compare ourselves with our friends on social media. Because social media is there all the time, it means that people are comparing themselves much more than they used to. This can lead to people to have a poor self-image and low self-esteem because there is pressure to look good or cool.
- Celebrities make drinking and smoking look glamorous and fashionable, so young people might want to copy them.
- People that want to harm others can use social media to do it.