

# UNITE 2 UPLIFT



## APS BACK TO SCHOOL KICKOFF

### *Unite2Uplift*

Thank you to all the volunteers for supporting our Back-to-School drive!

This year, we participated in APS/Back to School kickoff to give local families one less thing to worry about and encourage reading amongst children.

Unite2Uplift donated backpacks stocked with school supplies and hundreds of books to readers (preK-12).

# Youth Corner

We are pleased to introduce this space for our youth volunteers to give them a voice and create a community of individuals invested in civic engagement and community support. Please email us your blogs, articles, suggestions at [sue@unite2uplift.org](mailto:sue@unite2uplift.org).

This month, one of our youth volunteers, Dannush Alakappan, wrote an article about the benefits and issues of social media. Read his article below!

**We want to hear from you!**

Please email us to share your suggestions on areas you want us to support.

## OUR IMPACT

### MEAL SUPPLIES

3,089

uncooked meals and school snacks served

### COVID RELIEF

1,614

uncooked meals served

1,520

PPE & cleaning supplies

### MINDFULNESS INITIATIVE

128

hours

551

participants

### WORK PREPAREDNESS INITIATIVE

27

sessions

225

students

### STUDENT SUPPORT

759

students

[CLICK TO READ OUR STORY](#)



INSTAGRAM



WEBSITE

# Pros and Cons about Social Media and Electronics

By Dannush Alakappan

As society develops, more and more people use the internet to improve life. But electronic products are like a double-edged sword. The internet might bring us the gospel, but it doesn't hesitate to bring trouble either. On the one hand, people can use social media and digital communication to improve life. On the other hand, some thought using these internet products might harm people's eyes and cause them to waste time. Generally speaking, it was widely believed there were several positive and negative aspects as follows.

Firstly, social media and digital communication make life more convenient. The internet provides us with easy access to the necessary information and materials we need to live, learn, and be entertained. For example, every day when I wake up, the first thing I do is check my phone. I use the mail application to check out what I should do today. I use Google Maps to figure out if there is no traffic jam on my way to school and ensure that I won't be late for classes. All the things I do are because of social media, which is significant because of its convenience. If I didn't have such products, I really can't imagine how that would impact my life. If I wanted to travel to an unknown land, I would have to shuffle through paper maps and navigate the route independently. If I tried to contact someone who lived far away, I would have to write letters and wait weeks to get a response. If I wanted to know information on a particular topic, I would have to scour through books rather than go through a simple Google search. But today, we have the internet, we have social media, and we have digital communications. We no longer need any paper maps— we can use smartphones and type in the location, and an app will show us the most efficient path. We also can use FaceTime to see our friends and family at any time and any distance. We can use Google or other search engines to find out information about presidents, global warming, or any other issue we care about. This is why I think social media can improve people's lives and well-being.

# Pros and Cons about Social Media and Electronics

By Dannush Alakappan

Secondly, people from social media and digital communication usually are not real friends. When people use social media such as Instagram, they start to follow other people. It could be a pop star, a football player, or just a good-looking person. On social media, people get followers from other people or follow others. When people push something on social media, they will get a few "likes" or comments. But likes or comments don't make sense or help. For example, if I was a person who had a large social media following and my car broke down, I doubt that my followers would come to help me. I wouldn't be able to call them because I don't know their phone numbers. Under this circumstance, true friends are the people who come to pick you up. This is why I think friends on social media and digital communication usually don't hold the same place as real friends.

Thirdly, social media and digital communication are gradually causing us to spend more and more time on our technology. As a famous saying goes, every coin has two sides– the internet is no exception. The negative aspects of the internet are also quite apparent. There is a feature on my iPhone called Screen Time, which records how long I use my phone every day. It told me that in the last seven days, I had fifty hours on my screen: thirty hours for social networking and twenty hours for entertainment. If I put my iPhone away, I will have an extra fifty hours every week, which means I will save seven hours every day. I could use this time to read more books, work out, or spend time with my friends and family. If I'm on my phone, I'm wasting time that I could spend doing something more meaningful.

All in all, there are positive and negative factors in using social media and digital communication. Although social media and digital communication make our lives convenient, they take too much time from real life and alienate each other. In short, as long as people use social media and digital communication correctly and rationally, as long as people use it in the right way, as long as people choose accurate communication content and objects, electronic products are harmless and sometimes even beneficial.