

## Social media

social networking sites are a double - edged sword , as they are useful and harmful at the same time . They are useful for us in searching for information , , to share photos and videos , , help us solve duties , through which we can shop online , we can work online , which is the fastest way to circulate news and information , contribute to the arrest On the perpetrators and criminals , help students of science and researchers , a way of communication between relatives , , friends and all people.

It is harmful to health problems, wastes time, leads to internet addiction, leads to spreading destructive news, helped in family disintegration, helped isolation from reality, helped in fraud and fraud, helped arrogance against people, helped spread rumors and lies, helped violate privacy and impersonation, helped incite others and helped in Not feeling responsible and focusing on the famous people, following their news, and doing science