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Nowadays everyone **use** social network sites. There **is** plenty of ways how to use it. Some people are checking the news in that way. Others are texting their friends and family. However, there are pros and cons of using social media.

On the one hand social networks sites are very useful. **We** ~~them every day~~ **use it everyday** and we can't imagine life without it. People are able to contact **with** each other in a few seconds, even if they're far away. Moreover, **with** social media we can check informations from the whole world. Social networks also **helps** ~~help~~ us with learning and looking for answers to different issues.

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On the other hand many people spends too much time on internet. Most people who have social media **waste** ~~waist~~ their time by watching videos and scrolling. That's very dangerous for us and may cause addiction. Sometimes I also spend more time online than I should. For example by using TikTok. Moreover, if we **spend** ~~sped~~ a lot of time in virtual world, we won't remember how to live in real world. By that we could have problem with finding a job in the future.

In my opinion social network sites are very important and useful but we shouldn't use **it** ~~them~~ all the time. At first we must **focus** ~~on~~ **how** to live in society. Without it **we will not know** how social relations works. Moreover we need to spend more time on exercises, learning and reading. That activities will help us to become more productive.

In conclusion, social network sites are part of our daily lives. They often help us and make our life better. However we shouldn't forget about consequences of using social media.