

# Stonebridge Women's Club Update

## To Our Membership from the Executive Board

### August 17, 2020



***“Education is the foundation for our future. It is the empowerment to make choices and emboldens the youth to chase their dreams.***

***~ Nita Ambani***

As a source of encouragement and a means to alleviate the financial challenges faced by college students, our Women's Club has continued its tradition of offering scholarships to high school seniors.

We acknowledge the work of the Monroe High School educators in selecting the three deserving beneficiaries of the Stonebridge Women's Club Brenda Belgard Memorial Scholarships: BCR, KS and GP.

In our previous two communications, we shared the straightforward comments of BCR and KS about the influences of social media on today's youth. In this communication, we recognize the poignant writings of GP, who has granted the Women's Club permission to publish her work on this topic. GP frankly depicts the experiences and personal struggles of adolescents with this issue.



#### **How Social Media Has Affected Me and My Relationship with Peers and Family**

***by GP***

Social Media had a big impact on me during high school in both good and bad ways. It inspired me to try out new things and to better myself. For example, I experimented with my fashion sense, beauty related things, etc. This helped me to grow up and get better at the things I love to do. On the other hand, it has done me no good. In the past, I have said some things online that either got someone mad or hurt them. When I was mad at someone, I took it out on Social Media. I would rant online on my Instagram and/or Snapchat account and made sure the person saw it. I noticed that other people have done this as well. So, I followed, thinking it was okay if I did it.

It was bad and could have gotten me into a lot of trouble. It was terrible to reveal my private information over the internet. It was nobody's business and I did not have the right to do that. I do not do those types of things anymore because I have seen the damage it has caused, and I have lost some friends over it. Looking back, I wish I could take it all back.

Social Media has also had a negative impact on me. I scroll through Instagram and Snapchat every single day. There are many people I see on Social Media with nice shapes, good hair, or who are just overall pretty. This makes me very insecure most of the time because I compare myself to them, wishing I looked like them. I end up shaming myself and crying which is terrible because I should love myself. Many other girls do this too, and it is heartbreaking. Social Media has also affected my relationship with my parents. They hate when I am on it and always tell me to get off the phone, but I do not listen. I have gotten in such bad fights about this that we all would not talk for days. They have even threatened to take the phone away permanently for what it has done to me.

Sometimes I wish Social Media did not exist because it has done nothing but harm to me. Yet, I am addicted and feel that I need to use it to be socially accepted. Overall, Social Media is just harmful for self-esteem and relationships.



We thank GP and the other deserving Scholarship recipients for approaching, with such candor, the very relevant and controversial topic of social media. Their intimate reflections provide insight and revelations to their readers and remind us what we intuitively know about this technology.

For a start, these young women eloquently express the necessity to manage time spent on social networks and to utilize these platforms to serve as positive influences in our lives. Additionally, they are hopeful that relationships with friends and families can be built and strengthened, accurate information circulated and feelings appropriately expressed through social webs. Finally, they communicate the need to embrace, appreciate and cultivate our unique inner and outer beauty, while ignoring the unrealistic standards of beauty created and marketed by social media.

We appreciate their powerful, significant and honest messages! Our congratulations to these young ladies for their educational triumphs and resolve, particularly during this unparalleled school year filled with a myriad of formidable challenges. We wish them success in all their endeavors, and we hope that our response to their writings “emboldens them to chase their dreams” with confidence!

