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**THE INFLUENCE OF THE INTERNET ON KIDS**

**The reach of the internet is indeed worldwide. It reaches across all the countries, communities and even all ages. In the past few years, there has been a rapid increase in internet users. Among these users, there are many children. The internet is a very useful platform for children. However, there are some negative impacts that can directly affect children. If proper check is not ensured and proper guidance not given to children, then it can lead to some dangerous situations. There are various researchers such as the pew research center that has proven that 60% of kids are on the internet everyday.**

**Though the internet has its negative effects we can not deny the fact that it also has positive effects so before we look into the negative effects lets talk about the positive effects. Using the internet by playing games and learning from it increases creativity and team work among children. Internet influence also help to increase hand-eye coordination. Using the internet for study increases the knowledge that increases the confidence of students. With the help of proper guidance and the use of internet children can learn many new things it and it also helps them perform better in school. It also increases their visual intelligence as they learn things from online lectures. With the huge amount of information present on the internet, teenagers can use it to great extents for academic purposes. It keeps them connected to the outside world which will help them in staying informed about everything happening around the world.**

**Now they are so many negative effects also. By sitting long hours in front of the screen using the internet affects the health of children, first, it affects their eyesight and increases obesity. Sitting long hours in front of the computer or using any of their gadgets reduces the time of their physical activities and they hardly give any time to playing outside as a result, they become less active and they become lazy. Sometimes, children don’t go outside their house at all because of the internet and they hardly give any time to their family and friends. It can also result to the child cutting he or herself out of the world and can also lock themselves up in their rooms spending time on the internet, which loosens their real social connections.**

**Chances are there that kids can fall into traps because of their online games or friends. Online games or friends. Online games that promote violence attract children’s attention easily. Influenced by the game kids try to do these kinds of stuff. Trying these violence things can lead to accidents and there can be some severe consequences too. A few years back an online game called blue whale killed thousands of children all around the world. This game provokes children to attempt suicide at the last stage. It tells them to make a scratch in their hands through the blade after every stage. Provoking them to other violent and harmful stuff. Although actions were taken immediately by the government. The game was banned by google and other social media platforms but somehow the link was sent to children through illegal ways. Still the game took many children’s lives, snatching joy and happiness from so many families. The game was considered as a deadly game.**

**So many videos and pictures are being uploaded on the internet daily. Some of these videos and pictures are very disturbing and some of them are pornographic. The bad impacts of the things they watch online can create a great psychological impact on children. The report shows that around 25% of the children get some exposure and mange to access various erotic materials online, while 20% of the children have even gained access to x-rated online movies and materials. The internet also provides the children with pornography and uncensored websites.**

**The benefits of the computer among children has left negative impacts on their attitude as well as their behavior. It has been observed that many children have access to the internet in their homes and most of them have spent so much time online which adversely affects their studies and sleep. This causes serious damage to their academic, social, mental and physical life.**

**The internet has also provided open access to search for materials to communicate with each other, therefore most of these children have been impacted badly by this free access and the internet has been abused and misused. Most of the children prefer to use it for games, social and sexual websites and only few children learn about online abuse. Sometimes most children meet stranger online and start conversations with them. Most of the time these strangers ask for the nude pictures of these children and even ask to meet up with them. Due to the fact that most of these children are naïve underaged youngsters they agree to the terms the strangers give to them. In this process the get seriously abused and some of them end up committing suicide.**

**Children with easy access to the internet may become less able to separate fact from fiction. The internet has no filter and no peer review, so anyone can publish anything they want. Educators also worry that the informal communications carried into chat rooms has carried over into academic settings. Students facing challenging homework task essays are becoming more likely to plagiarize from the internet sources. The multitasking that most children engage in while online reduces their attention span making intense concentration on a single task more difficult.**

**Increased internet among children may result in feeling of loneliness and depression. More online time does result to less time spent with family and friends or working on hobbies. The rapid and instant nature of internet stimulation alters the way a young person sees the world leading to more boredom with everyday life.**

**Teens use the internet to do a lot of things like looking for information, corresponding, paying bills and doing financial transactions. However, in the case of internet addicts they spend most of their time engaged in browsing, chatting or gaming, instead of doing what they are supposed to do. Also, they are unable to keep track of the time they spend in doing such activities.as a result they are unable to keep up with their schedules or studies. Internet addicts use the internet to reduce their stress and boost their mood they feel happy or euphoric whenever they are connected to the internet so when they are unable to access it, the become gloomy or irritated and angry.**

**Most teenagers who join the social media begin to feel bad about themselves because they see the way other people look or act there and if they are unable to get up to that standard, they become sad and depressed. Some who post some contents are being bullied and trolled and they begin to feel less about themselves. This has serious effects on their psychological health. This could also lead to suicide because they feel they are unable to be like their mates.**

**Basically, no good thing keeps good in an unchecked essence. Similarly, it can be said for the internet as well. Putting in simple we can say the internet is good for children as far as its use is regulated and they should be told not to convert it into an addiction. They should also be informed about cyber bullying and abuse. Parents should also remind their children that most things they see on the internet as fake and they should be able to differentiate between reality and the media life. They should also be able to differentiate between good and bad Remember that the internet is needful for academic and social growth but it is never a necessity.**