What have we done?

 Grace Nguyen

 Ding!

you abruptly grab your phone

Thoughts scatter your mind

who could it possibly be?

an admirer confessing their affection?

a friend sending the gossip?

Or a follower from your Instagram?

whatever it might be,

don’t let it control you

You could spend hours

Just playing video games,

ruining your brain

why can’t you just go outside,

and enjoy the beauty of nature

you could be spending hours

 taking thousands of pictures,

working furiously to get likes,

instead of accepting who you are, despite what everyone says?

what kind of society

have we become

what happened to interactive

family dinners

what happened to actual conversations

what happened to self-love

we must fix this problem,

no matter how many likes we get,

we should always love our bodies and who we are

no matter what anyone says online,

we control our lives and only us

it’s sad how a single dislike can ruin a life

It’s depressing how a few words can change everything

actions hurt.

words hurt.

We will not let technology rule over us,

for the faith of humanity rests in our hands

we must restore what we have destroyed-

Life.