Since its introduction to society, Social Media and technology have been widely discussed. In recent years Social Media and technology use has become highly stigmatized pegging its users as overly dependent on the platforms and unable to communicate effectively without the medium. This study analyzes how opinions on Social Media and technology have changed over time and whether these claims hold any truth. Juniors and seniors at a suburban high school in Miami-Dade County were surveyed in regards to their Social Media and Internet use as well as how they view their ability to perform in a face-to-face conversation. The “Internet Addiction Scale” by Dr. Kimberly Young of the Center for Internet Addiction was used to measure the student’s dependence on Social Media and the Internet. This data reflect how the students view the impact Social Media and technology have had on their lives and whether they think they have been negatively impacted by increases in society’s Internet use over the last decade. The results indicate that on average the junior’s scores fell under the mild category of social skill deficiencies and the seniors under moderate. On the Social Media portion of the survey the juniors averaged a mild score and the seniors a none, indicating a lack of reliance on Social Media and technology. This study indicates that on average the participants are not experiencing decreases in social skills or an increase in Social Media and technology dependence.