

Here is the corrected paragraph

Many teenagers spend hours on TikTok every day, scrolling **through** videos that are funny, **inspiring**, or just plain random. Some students **said** they watched so much content that they **couldn't** even remember what they saw after a few **minutes**. Teachers have **noticed** that TikTok trends sometimes **distract** kids during class, **especially** when new dances or challenges go viral. Others argued that the app actually helps people **learn** cool skills, but only if they **choose** the right accounts to **follow**. Either way, it's **important** to balance screen time so your **brain** doesn't feel overloaded.