**ABSTRACT:**

Internet has becomecompulsory part of a student’s life. In this paper researcher has studied the effects of internet focusing the students at elementary level in Zargaham shaheed model college I-10/1 Islamabad. This research has conducted tofind the advantages and disadvantages of internet usage for the elementary level students.And to find out a solution so that internet can be used to achieve maximum benefits and least harms. For this purpose a random sampling has be done in the mentioned population. Taking into a count all the fact and figures it was that students are highly usage by the internet in waste a lot of time using it. Thus effecting here academic achievements. Only a few portion of the population is able to use the internet wisely and effectively. The internet highly effects the performance and the academic achievements of the students .therefore there is a need to launch awareness campaigns to sensitize students about the adverse effects of internet usage.

Keywords: effects, positive and negative of internet