

# Social Media



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# What is Social Media?

Social media is defined as a tool that allow people to create, share, or exchange information, ideas, and pictures/videos in virtual communities and networks.

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# Examples

- Facebook
- Twitter
- Instagram
- Snapchat



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# Effects of Social Media

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### 1. Social Media is Addictive

Studies show that teens use social media on average of 7 hours a day. That may seem like a lot but just think of the amount of times you pick up your phone to use one of the many social media sites. Teens use social media as a relief from boredom and as a distraction from many day to day problems.



# Effects of Social Media

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### 2. Social media makes us compare our lives with others

Whenever you look on another persons page, you are unknowingly comparing your life to theirs. But posts on social media often present an idealized version of what's actually happening. The extragavgant lives of others that we see makes us think less of our own lives. When in reality they likely face the same challenges we do.



## Effects of Social Media

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### 3. Cyber-bullying

There are so many altercations and fights that start with social media. We have all seen it in some way, shape or form. Social media not only causes mental pain, but also physical and emotional pain as well. Enough is Enough, an organization that aims for internet safety, conducted a survey and found that 95% of teens have witnessed cyber-bullying, and 33% have been victims themselves.



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### 4. Social media changes the way teens see themselves and others

Social media sites make teens think less of themselves. They see the "popular" people do something, and they'll follow right after just to be trendy or cool in a way. In a way social media is making people conform to the ideas, the looks, and actions of others. As a result, we are losing the uniqueness of individuals. Teens also often think less of people who don't fit the "look" that is currently popular.





# Example

Which picture would you like on Instagram?

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OR

