

IMPACT OF SOCIAL MEDIA

SELF-AWARENESS: EMBRACE YOURSELF, EMBRACE THE WORLD
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FIRST,
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HUMAN BEINGS ARE SOCIAL CREATURES. WE NEED THE COMPANIONSHIP OF OTHERS TO THRIVE IN LIFE, AND THE STRENGTH OF OUR CONNECTIONS HAS A HUGE IMPACT ON OUR MENTAL HEALTH AND HAPPINESS. BEING SOCIALLY CONNECTED TO OTHERS CAN EASE STRESS, ANXIETY, AND DEPRESSION, BOOST SELF-WORTH, PROVIDE COMFORT AND JOY, PREVENT LONELINESS, AND EVEN ADD YEARS TO YOUR LIFE. ON THE FLIP SIDE, LACKING STRONG SOCIAL CONNECTIONS CAN POSE A SERIOUS RISK TO YOUR MENTAL AND EMOTIONAL HEALTH.



In Web, social media or digital communication technologies we can be exposed to false informations. These false informations can influence us in a wrong way. They are giving us this false information to influence us in their own interests.

Most of social media users are following social media stars and they generally believe the virtual reality which these stars use. There are many **diets, styles and life styles** that seems luxury, comfortable and entertaining in these virtual reality.

A not popular social media user can be influenced by these fake life styles and starts to find her own life style boring.



FAKE

This effect is really dangerous because this can lead to depression, unhappiness anxiety problems and the worst one: suicide. We have to remember that none of the life styles can be perfect. We shouldn't believe this fascinating life styles.

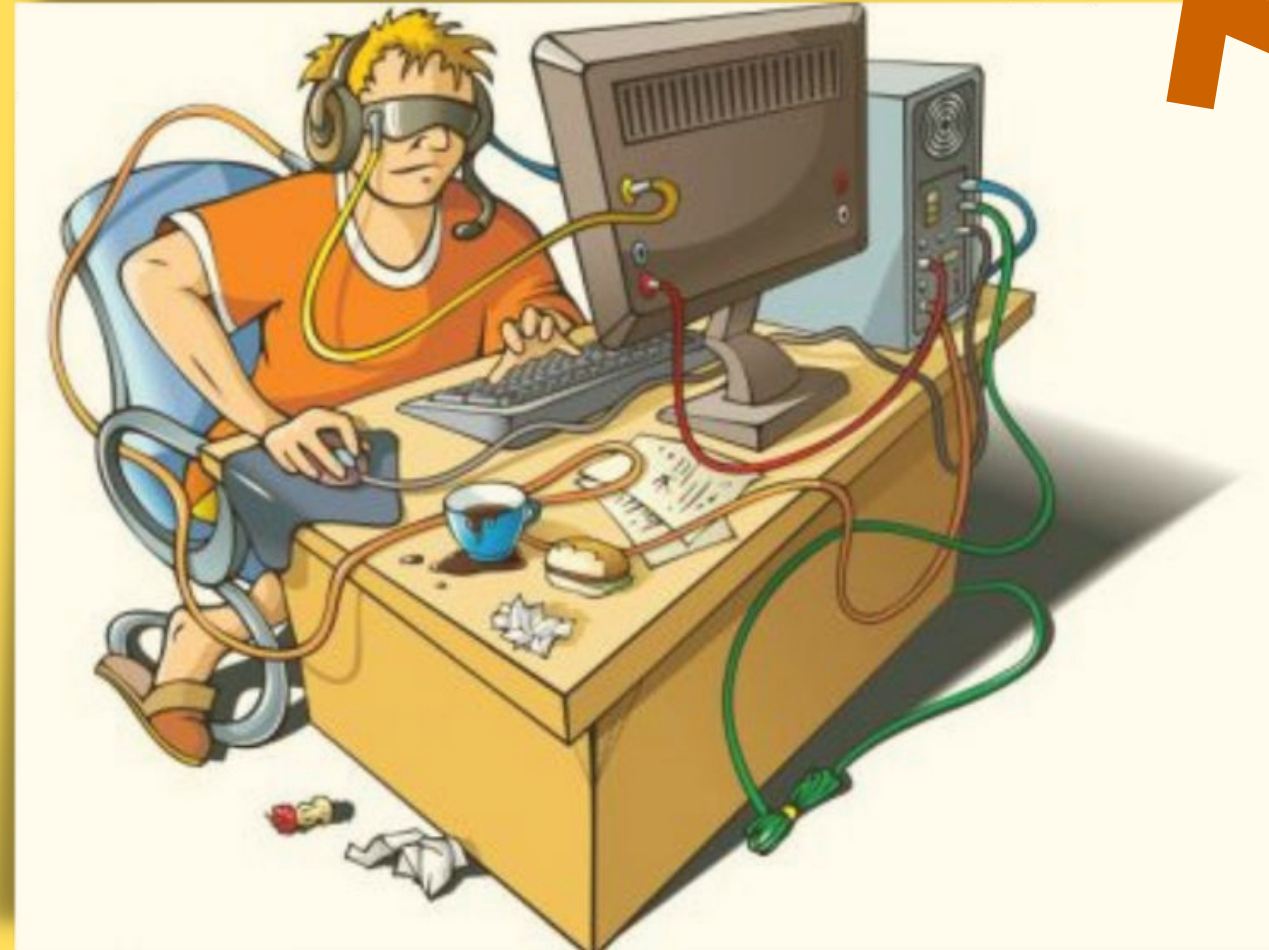
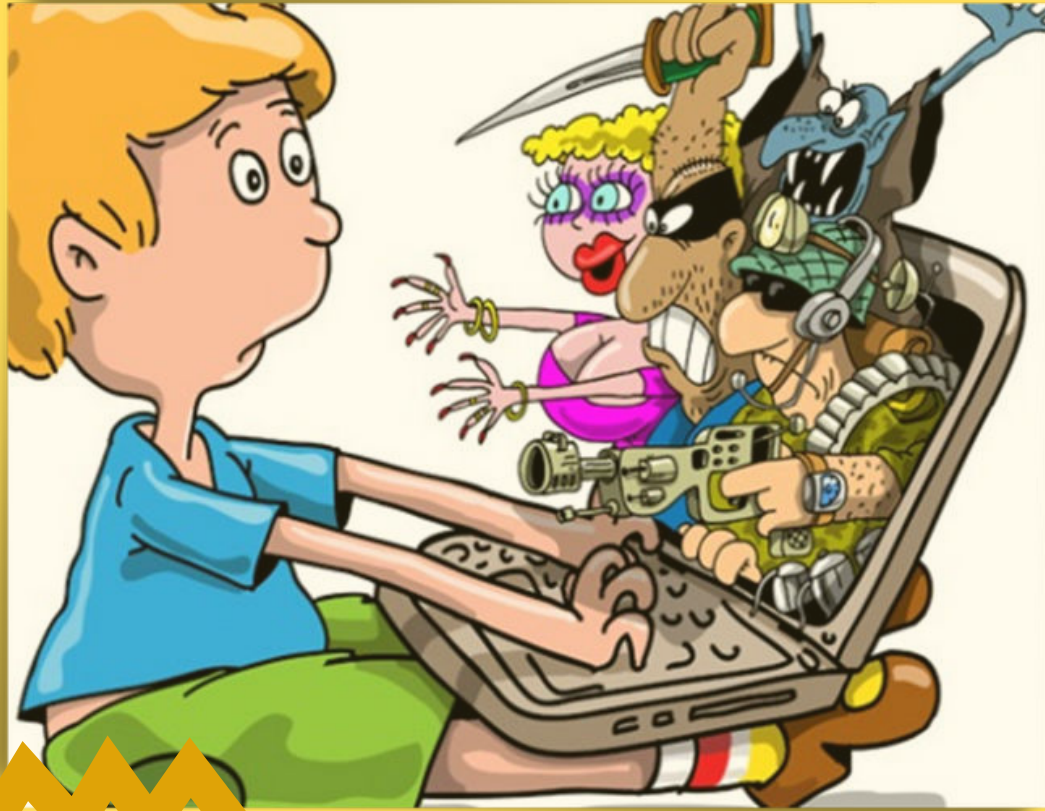


Lots of social media users do not know where they have to stop. They want to get more and more famous about what are they doing. Eating a lot of foods, having unhealthy diets, doing challenging activities that not suitable for a normal human...



Maybe it won't be a really important stuff to make it once but if you start to do these things often it will be dangerous for your health . Obesity, eating disorder , serious injuries ... You should know where to stop. You shouldn't create unhealthy contents for social media.

The sense of challenge created by the virtual world draws people, especially children, who do not know about the negative effects of the virtual world, like a **black hole.**





**CREDIBLE
SOURCES**

WE HAVE TO BE CAREFUL!

-We should be careful about the source.

-We should search about information from more than one source to be sure about it.

-We should ask about informations to someone who know about it.

-We should use formal sources.

How To Cope With Fake News And People?



Do not hesitate to report people who insult or accuse you to the judicial authorities



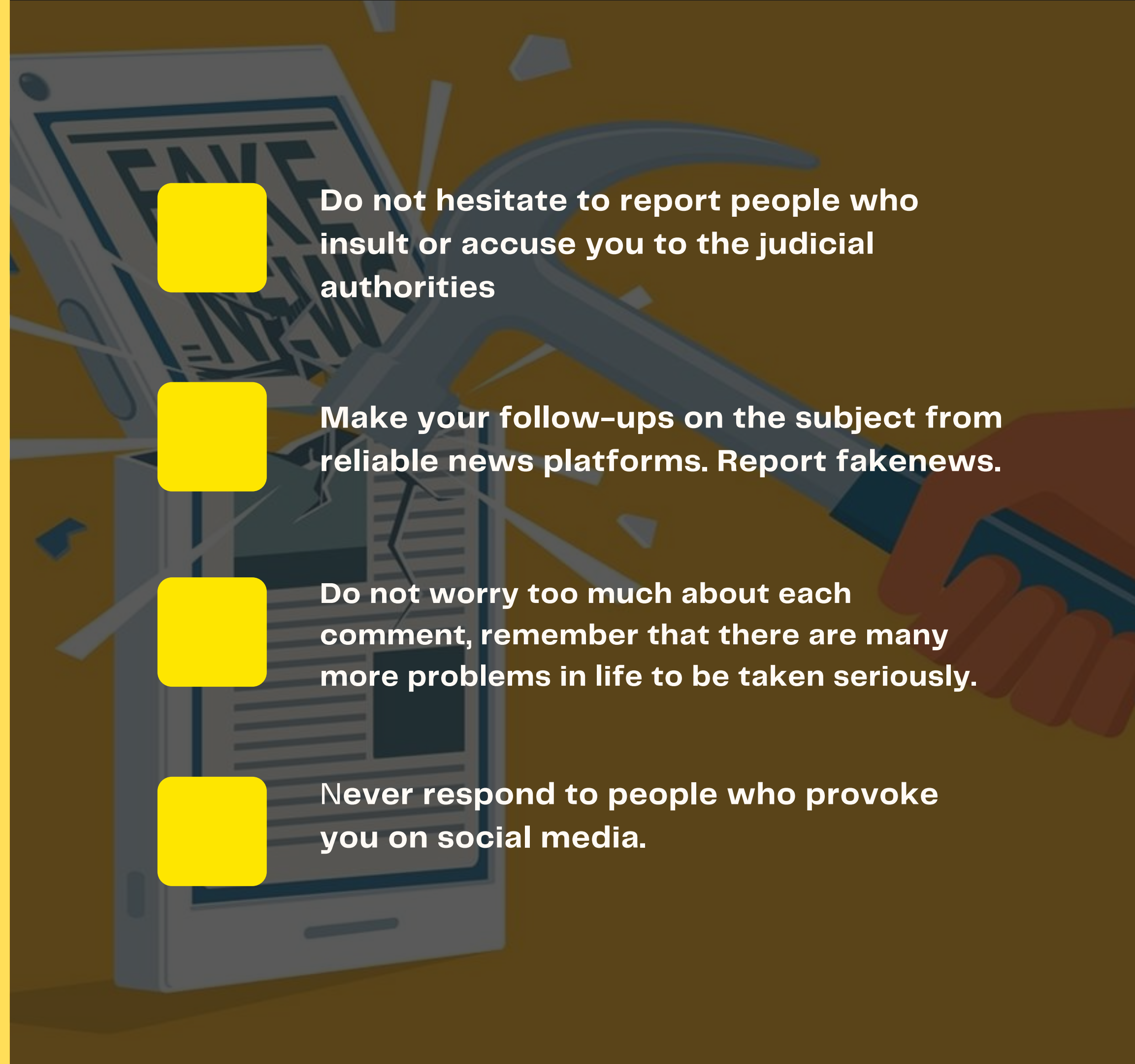
Make your follow-ups on the subject from reliable news platforms. Report fakenews.



Do not worry too much about each comment, remember that there are many more problems in life to be taken seriously.



Never respond to people who provoke you on social media.



Social Networks has bright sides as well as dark sides.

The benefits of social networks when used for good;



- It allows us to access information faster and easier.
- It helps equality in education.
- It creates new jobs.
- It helps in enforcing the law and finding criminals more easily.
- Bringing people from all over the world together with one click.
- It creates brand exposure for businesses.

Social Networks has both beneficial and harmful aspects. It is in our hands to make social media useful. As in everything else, following certain rules while using social media keeps us away from the harmful aspects of social media. And we must make people aware of how to use social networks so that others are not harmed.

Social media is training us to compare our lives instead of appreciating everything we are. No wonder why everyone is always depressed.

BILL MURRAY





**THANKS FOR
YOUR
ATTENTION!**

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