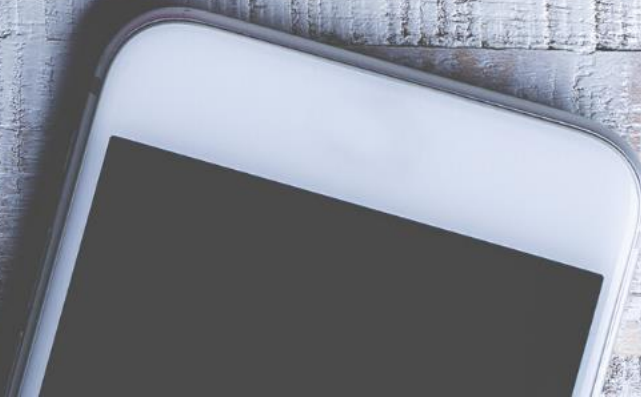
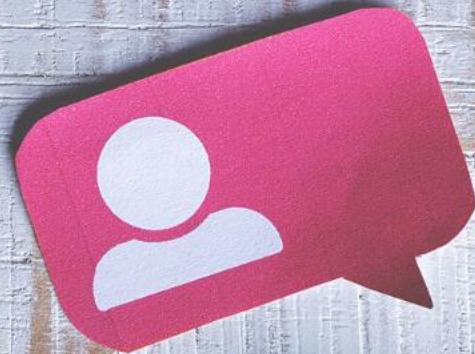


# Social Media: Good or bad?

Daniel Martinez





Instagram has 500 million **daily** active users; **72%** of teens use Instagram.

Facebook has 1.59 Billion **daily** active users; **88%** of online users of age 18-29 are on Facebook

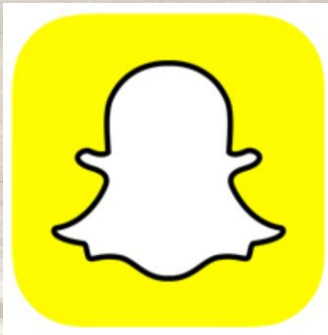


YouTube has 30 million **daily** active users; **81%** of 15–25 year-olds in the US use YouTube.

TikTok has 800 million **daily** active users; **41%** of TikTok users are aged between 16 and 24.



Snapchat has 218 millions **daily** active users; **90%** of Snapchat users are 13-24 years old.



Data collected by <https://www.omnicoreagency.com/>

# Social Media: Good or Bad?



Facebook



Snapchat



Instagram



Twitter



Chrome



Gmail

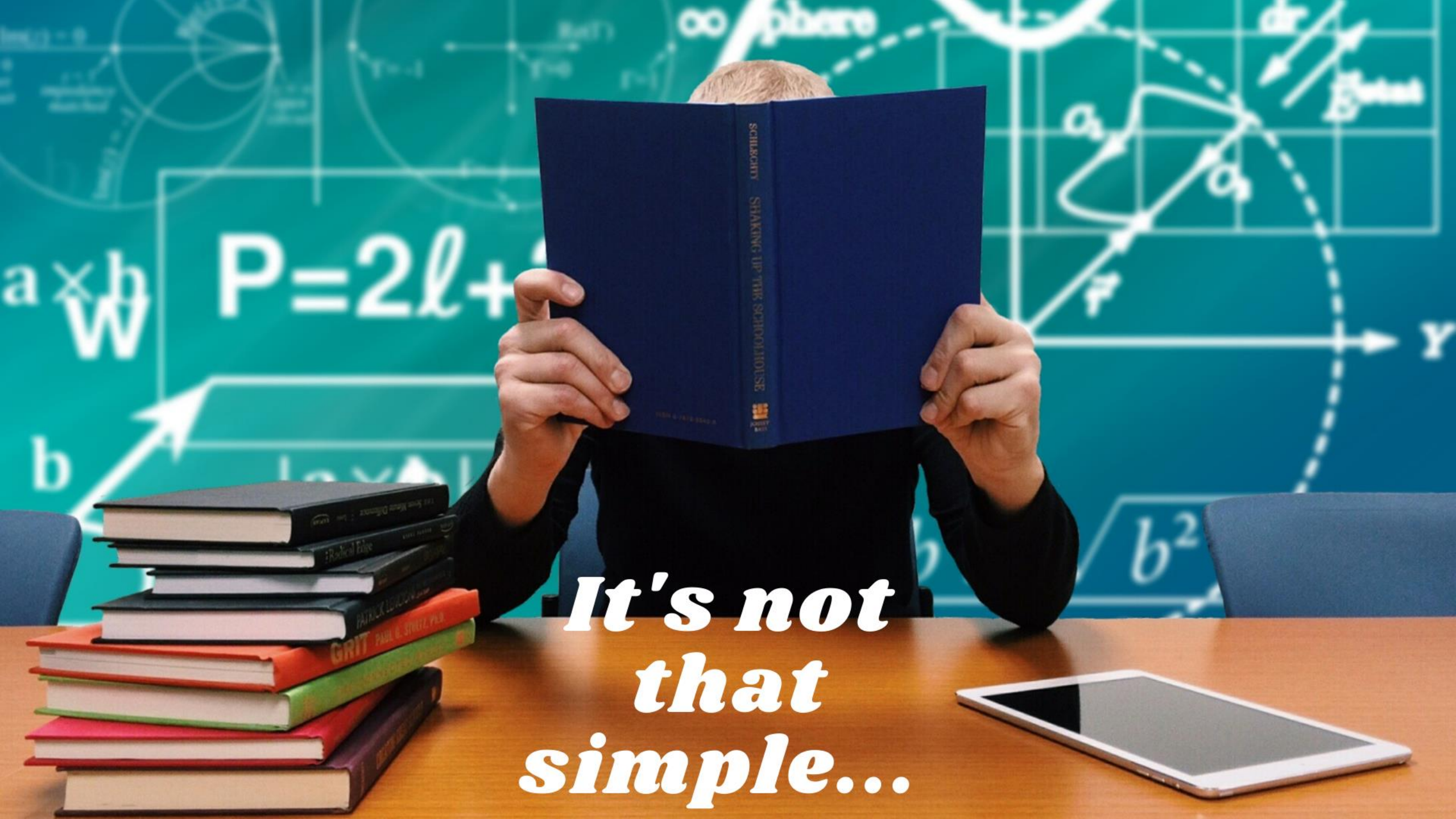


Spotify



Messenger

4G 40% 23.47



***It's not  
that  
simple...***

# The Good

## 1. Being connected now!

However could be more superficial connection

- Difference between passive vs active social media connection.
  - Passive just swiping and going through
  - Active is when you intentional engage in conversations and adding comments and posting something about yourself.

## 2. We are not alone!

## 3. Formation of groups that share common interest and challenge: connected with others.

- Social Media is like fire! Is it good or bad? It's amoral so neither.
- Take appropriate steps to minimize the downsides and maximize the upsides.

# The Bad

Lot's... still many unknown effects on the brain

- Ongoing studies looking at the effects of social media consumption.

Cyber bullying, lack of connection, anxiety

Fun fact time: Likes give dopamine, notifications give cortisol...need to attend to it.

*Study done by the  
Royal Society of Public  
Health & Young  
Health Movement*



## **#StatusofMind**

In May 2017, RSPH and the Young Health Movement published a report examining the positive and negative effects of social media on young people's health

The report includes a league table of social media platforms according to their impact on young people's mental health. YouTube topped the table as the most positive, with Instagram and Snapchat coming out as the most detrimental to young people's mental health and wellbeing



EUNITRA T510

Control panel of the television set, featuring several horizontal sliders for volume, brightness, and contrast, a speaker grille, and a power button at the bottom.



# *What they found:*

## KEY POINTS

- 91% of 16-24 year olds use the internet for social networking
- Social media has been described as more addictive than cigarettes and alcohol
- Rates of anxiety and depression in young people have risen 70% in the past 25 years
- Social media use is linked with increased rates of anxiety, depression and poor sleep
- Cyber bullying is a growing problem with 7 in 10 young people saying they have experienced it
- Social media can improve young people's access to other people's experiences of health and expert health information
- Those who use social media report being more emotionally supported through their contacts

In early 2017 (13 February to 8 May), **RSPH/YHM** conducted a survey of almost 1,500 young people (aged 14-24) from across the UK. The survey asked them to score how each of the social media platforms they use impacts upon 14 health and wellbeing-related issues

*So what now?*

**Here 5 helpful tips  
when using social  
media:**

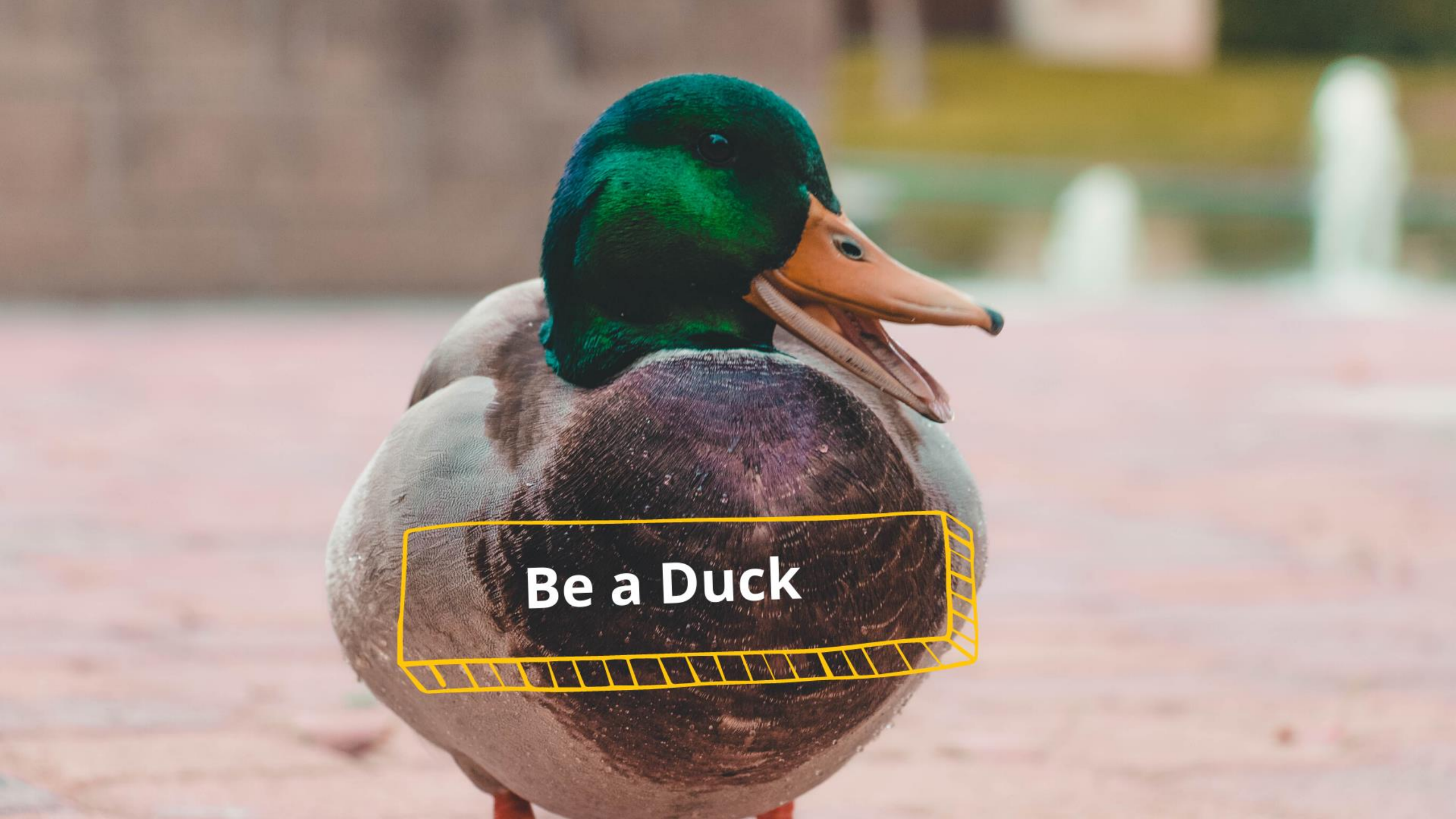
A calendar grid with yellow sticky notes is visible in the background. The text is overlaid on the calendar. The text is white with a slight shadow.

# 1. Schedule a time to engage in social media.

- Otherwise you can become consumed by the time. Have a start time and an end time.

A top-down view of a desk with a laptop, notebook, coffee cup, teapot, and flowers. The central focus is a light gray rectangular area with four teal circular corner markers, containing the text "Work Hard Play Hard" in bold black font. The background includes a laptop keyboard and trackpad in the top left, a teal coffee cup in the top center, a teal teapot on a saucer in the middle right, a small notebook with a teal spine in the bottom right, and a bouquet of white and yellow flowers in the top right. A silver paperclip is on the left side of the notebook, and another is in the bottom left corner.

**Work Hard  
Play Hard**



**Be a Duck**



## Disable Push Notifications!

**You want to be in charge of your phone not the other way around.**

**Consider a  
media fast**



A top-down view of a desk with various items. In the center is an open notebook with text on both pages. To the left is a black smartphone. To the right is a yellow pencil and a pair of glasses. In the top right is a silver laptop. In the top left is a small potted plant.

Hope  
you  
enjoyed

Thanks  
for  
watching!