

# WHAT'S **POSITIVE** ABOUT SOCIAL MEDIA?



## **CONNECTIONS**

You get to stay in touch with your friends, even when they're far away.



## **LEARNING AND KNOWLEDGE**

There is always something interesting to learn about and explore.



## **POSITIVITY**

Share your good news and celebrate the achievements of the people you love.



## **SUPPORT**

Feeling low? Reach out to a whole network of people who care.



## **INSPIRATION**

Sometimes, social media gives us the bump we need to push a little harder.



## **BUILD A PLATFORM**

Use social media to show the world what you're best at.



## **HILARITY AND FUN**

A funny video is a great way to brighten your day and bond with others.



# THE **DRAWBACKS** OF SOCIAL MEDIA

## **ECHO CHAMBERS**

Algorithms are focused on giving you more of what they think you want to hear.



## **RADICALISATION**

The same view can be reinforced until you believe it, even if it's wrong.



## **SLEEP DEPRIVATION**

Have you ever scrolled and scrolled, watching 'one more video' till well past midnight?



## **POLARISATION**

It's easy to disagree with someone from behind a screen and be nasty about it.



## **CONSPIRACY THEORIES**

Social media gives us all an equal platform to share ideas. This can be dangerous.



## **THREAT TO PERSONAL PRIVACY**

Are you sharing too much about where you are and what you're doing?



## **ORGANISED HARASSMENT**

Bullying reaches extreme levels when people can gather a group quickly.



## **DECREASED TIME OUTDOORS**

The addictive nature of social media means we give it priority over other activities.



## **DEHUMANISATION**

It's easy to say mean things when you don't know someone on a personal level.



## **JEALOUSY AND COMPARISON**

We don't see the complete picture of our friends' lives, so we feel inferior.



## **UNREALISTIC IDEALS**

From looks to athletic ability, what you see on social is not what you get in real life.

