

Responsible And Safe Networking

**On
Social media sites**

Social Media

Websites and applications that enable users to create and share content or to participate in social networking.





- **Collective term**
- **Communication**
- **Community-based input**
- **Interaction**
- **Content-sharing**
- **Collaboration**

Net working

- **Using internet-based social media sites to stay connected with friends, family, colleagues or customers.**

- Research
 - Social review sites
- Image and video sharing sites
 - Video hosting sites
 - Community blogs
 - Discussion sites

**FINDING THE TYPE OF SOCIAL MEDIA NETWORK
THAT'S RIGHT FOR YOU....**

Social Media Sites

- Facebook
- Instagram
- Twitter
- TikTok.

Responsible social networking

- **Be yourself and be nice**
- **Set limits and take breaks.**
- **Don't share your passwords**
- **Learn about privacy settings**
 - **Review them often.**

Using Social Media Responsibly

- Share mindfully
- Keep emotions in check
 - Be selective
- Make a portfolio
- Limit screen time

SOCIAL MEDIA TIME

- **Teenagers** eight and a half hours
- 79% use social media and online videos at least once a week
- 32% "wouldn't want to live without" YouTube
- **Tweens**
 - 65% watch TV
 - 64% watch online videos
 - 43% play games on a smartphone or tablet every day.
 - **8- to 12-year-olds** average of five and a half hours

Some social media etiquettes

- **Know the ideal amount to post**
 - **Be smart**
 - **Give and take**
- **Add to the conversation**
 - **Follow the rules**



Life is digital by default

**So what is its impact on
mental health ?**



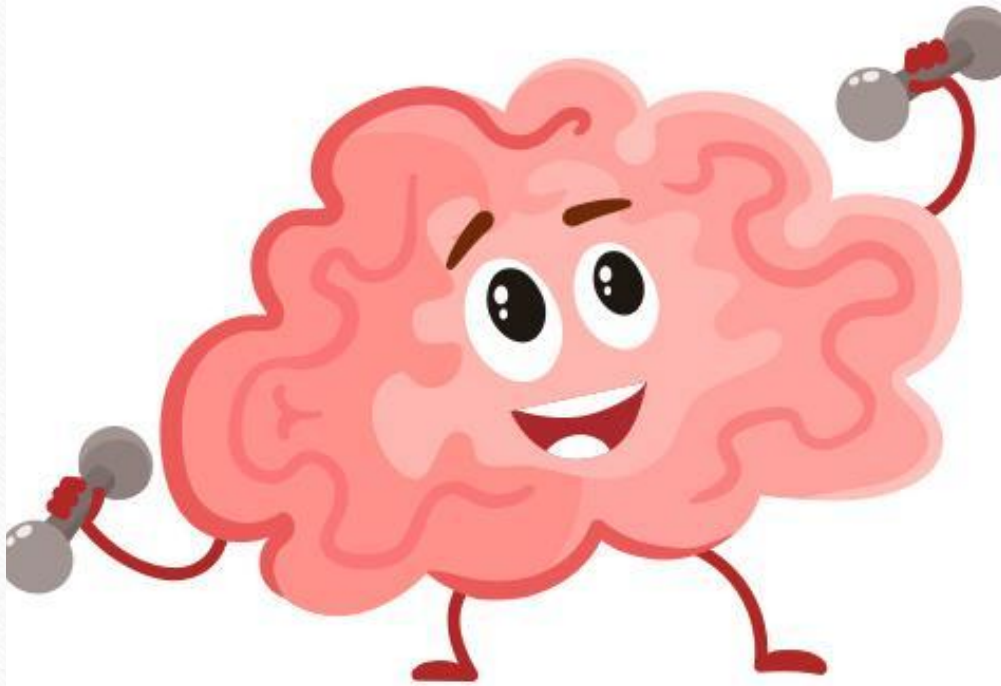
**Impact of technology
and digital services
on physical, mental
and emotional
health.**

Social Wellbeing

- Prevents isolation and maintains relationships
- Reduces loneliness
- Connectedness and participation
- Increased opportunities



Personal Wellbeing



Personal identity

Self worth

Enjoyment

Conveniences

Accessibility

Physical health

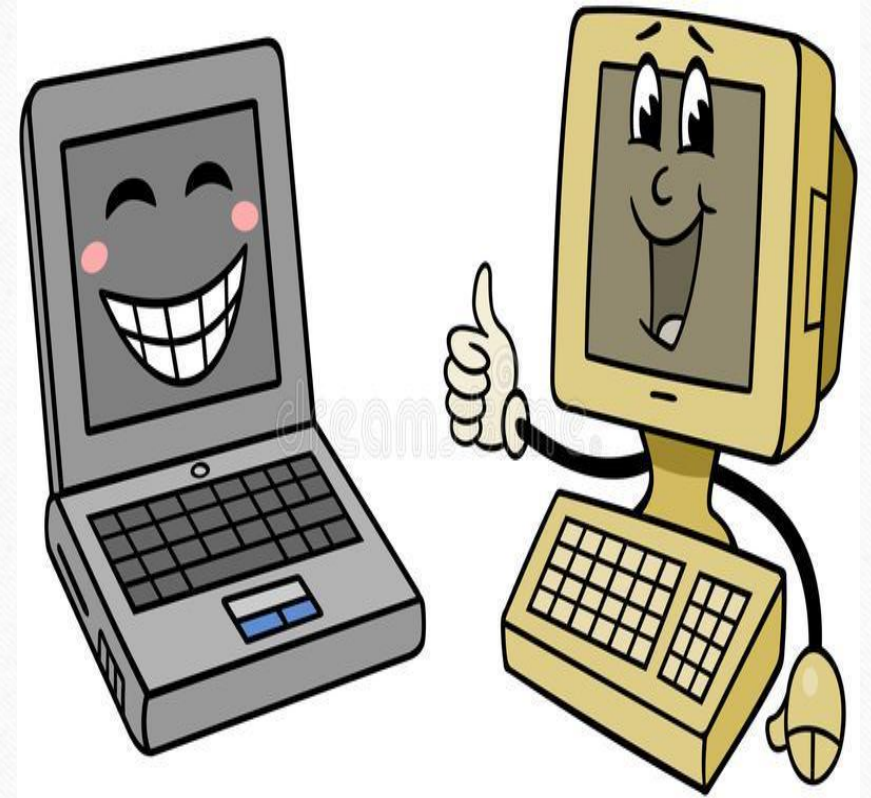
Learning Wellbeing

- **Alternatives in learning**
- **Online collaborations**
- **Multiple learning activities**
- **Practice and upgrade**
- **Better access to learning**
- **Variety in assessments and feed back**



Work Wellbeing

- **Better communication**
- **Collaborations globally**
- **Flexibility**
- **Managing overload**
- **Online professional identity**
- **Linked to others**



Social media wellness





- **Actively Interacting With People**
- **Sharing Messages And Posts**
- **Comments With Close Friends**
- **Reminiscing About Past Interactions**

Improve Digital Wellbeing

- Be self aware
- Learn to express
- Take time to think
- Deal with your stress
- Maintain balance
- Be active
- Find purpose and meaning
- Stay positive
- Connect with others
- Learn new skills
- Give to others
- Be mindful

Building relationships
and staying connected

Share your expertise

Build relationships

Increase your visibility

Educate yourself

Connect anytime

Authentic

Cost effective

Advertising

Creative voice

Engagement

Customer care

Search engine

**Social media
helps to ..**

Participation

Awareness

Learning aid

Exposure

**Social
benefits..**

**Valuable
support
networks**

Stay in touch

**Promote
wellness**

**Healthy
behaviour**

Healthy Habits for Social Media

- Be intentional
 - Focus on your real-life friends
- Limit the time you spend scrolling each day
- Follow people and pages that bring you joy
 - Avoid using social media before bed
 - Live in the moment
 - Take a break

Challenges



Screen

Digital overload

Online safety

Addictive behaviour

Poor sleep, eye fatigue,

Physical inactivity

Worsens mental health issues

Increased risk for depression

Poorer cognition

Language

Social–emotional skills.

Anxiety and depression

Self-harm

Suicidal thoughts

TEENAGERS



Distracting

Disrupting their sleep

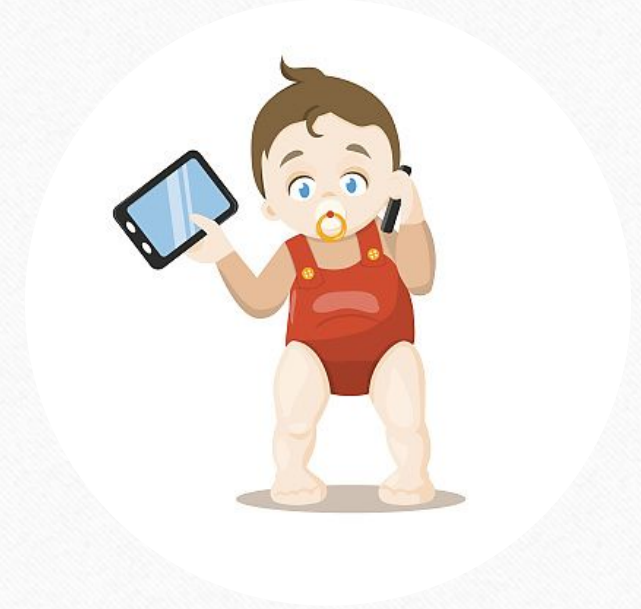
Exposing them to bullying

Rumor spreading

Unrealistic views

Peer pressure

Younger children



Poorer cognition

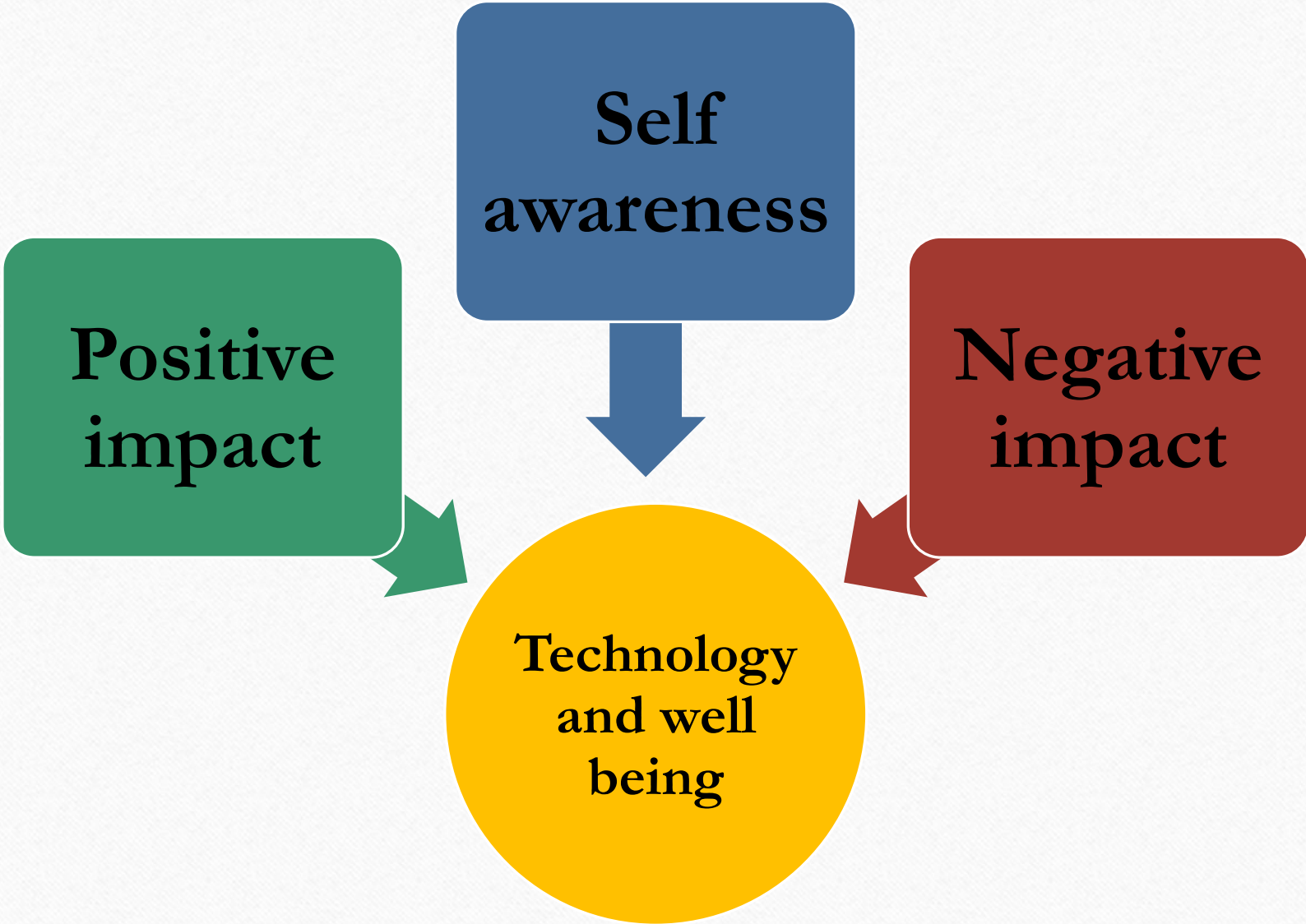
Language

Social-emotional skills



- **Understand digital interaction**
- **Manage digital overload**
 - **Engage mindfully**
 - **Confident and careful choices**
- **Ensure no overuse**





Risks of Social Media

Cyber
bullying

Invasion of
privacy

Identity
theft

Awareness



- **Aware of the nature of the possible threats**
- **Security threats**
- **Protecting and managing your personal data**
- **Online reputation management**
 - **Avoiding harmful or illegal content.**

Never share

Photographs

Videos

Anything other
than text

Don't post what you don't want others to see

Don't assume it is private

Ignore request from strangers

Review before posting

Careful what you say

Privacy settings

Do not share location

Do not overshare

Check your privacy settings

Disable geo tagging

Lock it securely

Don't post sensitive information

Be careful when you update

Check before you download

Why should we limit ?

- **Lack of sleep**
- **Obesity**
- **Delayed milestones**
- **Academic performance**
- **Behaviour issues**
- **Risky behaviour**
- **Loss of privacy**
- **Cyberbullying**
- **Problematic internet use**



**Why do students
use social media ?**

- Multiple ways to connect
- Necessary daily activity
- Learning opportunities

Turn off notifications

Watch your time

Follow with a purpose

Stop mindless scrolling

Avoid baits

Monitor your emotions

Likes are not self worth

Understand privacy settings

Build positive digital reputation

Give your phone rest at night

As students .. Remember..

Make sure your pages represent *you*

Never post anything that paints you in a bad light

Stay in control of your content feed

Manage your time wisely

Understand the policies

Keep yourself safe from strangers

Don't post everything

Keep your parents in the loop

**How does
social media
make you feel ?**



The problem is that, as humans, we love to compare ourselves to others and social media provides so many opportunities to do that!

Digital anxiety is stress caused by negative interactions in emails, texts, social media, chat rooms and forums.



ASK YOURSELF

- Been upset because of something that happened unexpectedly
- Felt that you were unable to control the important things in your life
- Felt nervous and “stressed”
- Felt confident about your ability to handle any personal problems
- Felt that things were going your way
- Found that you could not cope with all the things that you had to do
- Been able to control irritations in your life
- Felt that you were on top of things
- Been angered because of things that were outside of your control
- Felt difficulties were piling up so high that you could not overcome them

Are you digitally SUBSUMED?

- Do you reach for your phone every few minutes?
- Do you feel left out when you cannot be online?
- When you log onto social media you feel happy
 - You are often unable to keep schedules.

