

Social Media Safety

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Why care?

- Things you say could potentially be used against you.
- Your privacy could be invaded.
- Your identity could be stolen.
- It's addictive.
- May lead to poor mental health.



Pro's and Con's of social media

Pros

- Interconnectedness
- Means of expression
- Means of learning

Cons

- Mental health issues
- Cyberbullying
- Security risks
- Spread of false information

Statistics

- There are roughly 3.5 Billion social media users in the world today.
- 39% of teens think that nobody can see what their activity is online.
- 29% of teens have been contacted or messaged by somebody they don't know on social media.
- 24% have had private or embarrassing information made public without their consent.

How is social media addictive?

- Over 210 million people around the world suffer from Internet and social media addictions (80% being teens).
- A Harvard study shows that social networking site lights up the same part of the brain as if they were using an addictive substance (like they are being designed to trigger us).
- When the individual get a notification, dopamine is released and it basically “rewards” the brain.
- Your brain then starts associating this action with a positive reinforcement.

How do I keep my information safe?

Password protection:

- Use strong passwords
- Password variation
- Don't share it with people

Private information:

- Refrain from oversharing
- Be careful of what you say on social media



How does social media lead to poor mental health?

- Addiction
- Can lead to extreme jealousy/insecurity
- Can enforce unrealistic standards
- Can worsen interpersonal skills
- Can create hostilities