

Social Media

Why We Like, Comment,
and Share Online

Over use of Social Media Can Be Addictive

Social media forums like Facebook and Twitter activate our **rewarding centers** in the brain.

The way your hands **can't stop scrolling** down for one more news feed post, the way **you can't ignore** a notification alert, **it's not all you.**

Internet users spend an average of
135 minutes
per day on **social media**



Quiz:**Are you OBSESSED with social media?**

From TikTok to Instagram and Twitter, maybe you've got an account for them all. But do you think you could go without checking your photo comments, sharing memes and likes for an hour, a day, a month, for good? Take this quiz to find out if you're spending too much time online and need to jump back in to the real world.

1. How much time do you spend on your phone every day?

- ☐ a) Less than 2 hours
☐ b) 2-4 hours
☐ c) I never put my phone down!

2. How many different social media sites (like Instagram, TikTok or Snapchat) do you have accounts for?

- ☐ a) Just one
☐ b) Between two and four
☐ c) More than four

3. How many celebs do you check every day online?

- ☐ a) A handful
☐ b) Ten or so
☐ c) Too many to count!

4. Do you compare your life with others based on their social media posts?

- ☐ a) No - I know they're faking it!
☐ b) Sometimes I feel like some of my friends are having a better time than me because they're always doing nice things.
☐ c) After a few minutes of scrolling I always feel so down - my posts never look as good or get as many likes.

5. What do you do if you're not looking at social media?

- ☐ a) I do lots of other stuff like sport and going to clubs.
☐ b) I love chatting with my friends and family, but my phone is always pinging nearby.
☐ c) There is NOTHING to do if it's not looking at social media!

WHAT DID YOU SCORE?**Mostly As:**

You know about social media, but you love to do other stuff too - keep it up!

Mostly Bs:

You're tech-savvy, but you've got a healthy balance of life online and offline - but be careful not to get drawn into too much social media in the future.

Mostly Cs:

Yes, you're social media-obsessed! Try putting your phone down and exploring the outside world a bit more - you might like it!



**So, we all like a little scroll now and then.
But how much is too much?**

**Have we let likes turn into obsessions?
Have we let sharing become oversharing?**

How can I have a more positive time online?

1. Clean your feed

- Try unfollowing or muting accounts that annoy you, upset you, or take up too much time.
- Remember you don't have to be on every social media channel. Try deleting one app from your phone for a week and see what happens.
- Try limiting your time on social media before you go to sleep and when you first wake up.
- Before you post or comment ask yourself: am I doing something positive for myself and the people who'll see this?

2. Find your crowd

Whatever your passions are in life, you're not alone. There are accounts out there that will interest you and help you explore your passions. Here are some tips to help you find yours:

- Look at the accounts you enjoy following, explore the hashtags they are using to find similar pages.
- Follow accounts that make you feel good, keep you interested and share positive content.
- Build your own positive following, as well as following positive people. Did you know that you can select who follows you and what they see?
- It's important to remember that many online mental health communities are positive spaces, but some can be negative for you. Avoid spaces that encourage you to do things that are harmful for your physical or mental health.
- Talk to someone you trust.

Seven in 10 young people have experienced cyber bullying, with 37% of young people saying they experience cyber bullying regularly. How can I deal with online bullying?

- Bullying is never okay, at school, at home, or on the internet. If you're being harassed or upset in any way online, reach out for help from someone you trust.
- You can block and report the people involved, or, if you don't feel able to block someone, try muting them - they won't know you've muted them and you won't have to see their posts or messages.
- You can also use the privacy settings on your

social networks to limit what they can see on your profile.

How can I look after my privacy?

Here's some advice to help you work out what to share, how to avoid oversharing, and how to look after your privacy.

- **What you put online stays online** - even things you delete can be saved or screenshotted - including those Snapchat snaps meant for just one friend.
- **Online strangers are still strangers** - forums and group chats can be a great way to connect over things you wouldn't say face to face, but don't feel pressured to share more than you feel comfortable with.
- **It's easy to over-share** on social media sites, especially if you forget who can see your profile. You can use social media channel settings to create lists so that only people you trust can see all your updates. For example, Instagram allows you to make your account private, or you can use the Close Friends tool to share your stories with a group of people you've chosen.
- **Privacy is possible** - make sure you use social media site settings to protect your information. Don't hesitate to block anyone who makes you feel uncomfortable.

Pros

Cons

Chances to meet people and make friends.	Adults who make up false information to stalk and lurk kids profiles.
You can keep in touch with friends not in your area.	Some children may post too much personal information. Like addresses and telephone numbers.
You can share media, such as photos to your friends.	It can waste vast amounts of time and cause internet addiction. Giving no time for homework.
Joining groups that you share an interest in so you can chat and discuss.	Kids may bully other kids using this easy communications tool. Negative things may be said on other peoples wall.
Students can easily discuss educational things without meeting in real life.	Chance of getting scammed by people.

Managing your time

- Apps like Facebook, Instagram and YouTube make it easy to track your time online, whether you're on iOS or Android.
For [Facebook](#), go to **More > Settings and privacy > Your time on Facebook**.
For [Instagram](#), go to **Your account > More > Settings and your activity**.
- You can set daily reminders telling you how long you've been using an app. On Facebook for example, go to **Your time on Facebook > Set daily reminder**. Then set your ideal daily usage.

Apps can help you relax

- Meditation apps like [Calm](#) have stories that can help you get to sleep, as well as daily breathing exercises that help you relax. Calm even has masterclasses taught by world-renowned experts.

Sleep affects your mood

- To switch off the blue light your screen emits at night, some phones have night mode.
iOS: Go to **Settings > Control Centre > Night Shift**
Older iPhones have shortcuts to Night Shift if you swipe up from the bottom of the screen. The shortcut on newer iPhones appears if you drag down from the top right of the screen.
Android: Android devices often have an 'eye comfort' mode, which can be found by dragging your finger down from the top of the screen and tapping 'eye comfort'. If you press and hold this option, you'll also find a convenient schedule option to save you more work.
- When you need to unwind, you may find that something simple like trying an audio book. rather than reading on your phone may help. Apps like [Audible](#) come with a 30-day free trial.

Contact:

- **Support email:** pcoghlan@nmea.net
- **Support line:** 07955580542 Mon-Fri 3-5pm
- **Facebook:** www.facebook.com/work4Uplus
- **Web:** www.work4uplus.com
- **Online support groups via Zoom**
- Email pcoghlan@nmea.net to register

