

The Dangers of Social Media

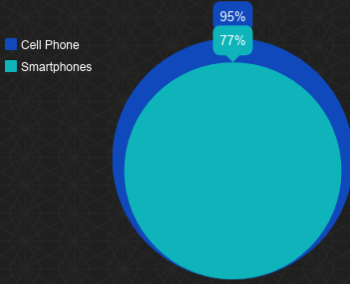


The Negative Impact on Emotional Well-Being

THE INFLUENCE OF MOBILE PHONES

The invention of mobile phones has been so influential to society that as of February 5, 2018 about 95% of all Americans have some type of cell phone. More specifically, about 77% of those individuals own a smartphone.

Source: Mobile Fact Sheet



2018 Mobile Phone Ownership

POPULAR SOCIAL MEDIA PLATFORMS BY THE NUMBERS

As the number of people owning smartphones is increasing, so are the numbers of active users on social media platforms like the examples below.

Source: www.omnicoreagency.com



THREE possible outcomes from Social Media's influence



KEEP IN MIND:



IMPORTANT POINT!

Cyberbullying is very real. Think carefully before you post, share, comment, and interact on social media platforms. Although interactions online are through a screen and not face-to-face, any form of bullying is not okay and can cause the exact same **negative emotions** to be experienced.

THE FACTS:

- 42% Teens reported to be cyberbullied in the past year
- 20% Cyberbullied kids who have thought about suicide
- 81% Teens think bullying online is easier than in person

Source: Cyberbullying Rampant on the Internet