Division of Education, Innovation and Energy
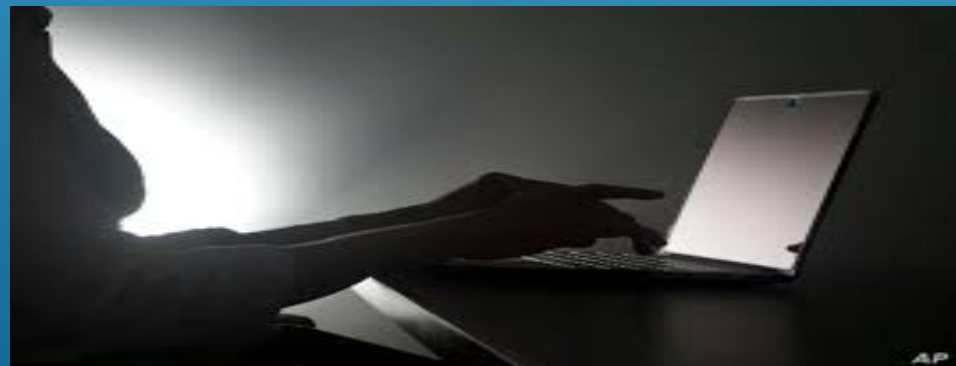**Student Support Service Unit**
Dutch Fort Plaza, Dutch Fort
Scarborough, Tobago
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EFFECTS OF SOCIAL MEDIA

SOCIAL BENEFITS:

You can:

- Have fun

- Make and maintain friendships

- Share interests

- Explore identities and develop relationships with family members

- Learn new things

- Develop positive feelings about self

NEGATIVE PSYCHOLOGICAL EFFECTS:

- Envy, anxiety and depression
- Narcissism
- Decreased well-being
- Increased self-consciousness
- Reduced academic focus
- Internet addiction
- Unrealistic expectations
- Feelings of isolation

NEGATIVE PHYSICAL EFFECTS:

Eye strain

Withdrawal from social interaction

Lack of sleep

Increased levels of stress

Reduced time for other (physical) activities

SOCIAL MEDIA TRENDS
&
ONLINE CHALLENGES

WHAT IS A SOCIAL MEDIA TREND?

A trend is what is 'hip' or popular at a certain point in time. If something, such as a topic or name, is ***trending*** many people are discussing or mentioning it on social media e.g. Prince Swanny and Rebel 6 War, the Coronavirus.

Trending topics are often widely shared using memes and platforms like TikToc.

WHAT IS A SOCIAL MEDIA CHALLENGE?

A **challenge** is call for a person or persons to participate in an activity or competitive situation.

Social media challenges are usually recorded and posted online to prove that they were done.

Some examples of social media challenges are: *skull breaker* or *jump/trip challenge*, *switch challenge* and *toilet paper challenge*.

EFFECTS OF SOCIAL MEDIA TRENDS AND CHALLENGES:

As with everything else, there are both positive and negative aspects to social media trends and challenges.

These effects are usually directly related to which trends you choose to follow or which challenges you accept:

Positive

They can:

- expose skills and talents.
- be entertaining.
- provide information related to current events.
- enhance your ability to keep up with trends in technology.
- boost self-esteem.

Negative

They can:

- be dangerous
- be a platform for cyberbullying
- negatively affect a person's self-esteem.

Guidelines to follow when online:

Netiquette

- Consider what you are about to post and whether posting it will have negative consequences.

- If you would not do it in a face-to-face setting, DO NOT do it online.

- Avoid posting in haste or out of anger.

- Remember, what you share online remains online even after you delete it.

- Use different usernames and passwords to avoid hackers.

- Be cautious about sharing your personal information online. There are many predators in cyber-space.

- Manage your time on social media wisely to avoid the negative physical and psychological effects.