SOCIAL MEDIA: PROS AND CONS

With all the free time many of us are spending online and on social media, it is important to know about social media's positives and negatives. This resource aims to identify the pros and cons of social media and ways to use social media healthily
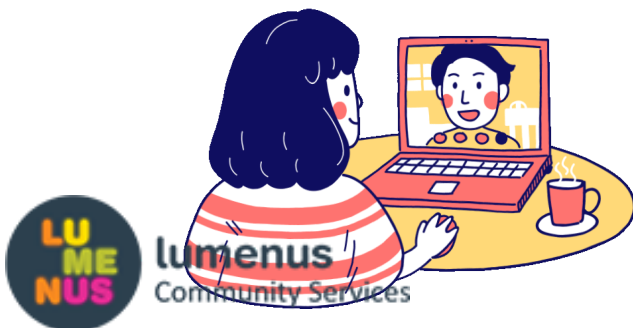
Entertainment

Pros:

- Distraction from COVID-19
  - Can be fun!
- Watch fun videos
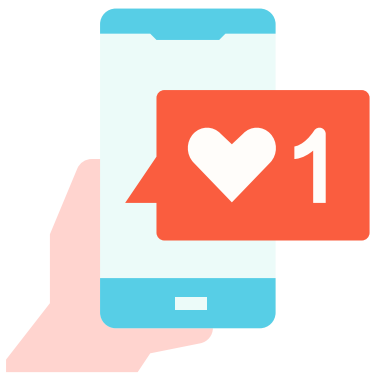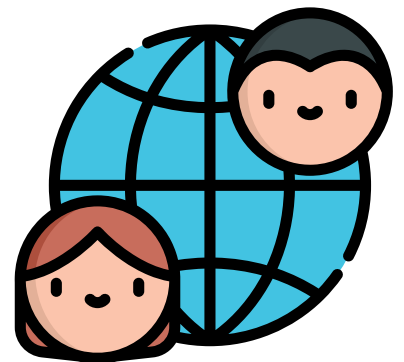- Sharing passions with other people

Cons:

- Can be too time-consuming
- Distraction from school/ responsibilities
  - Can't keep track of time

Mental Health

Pros:

- Way to stay connected to people
  - Especially others who live far from us
- Way to stay connected online safely during COVID

Cons:

- Potential to be anxiety-provoking
- Can cause a negative mindset through comparison
- Insecurities (especially about body image)
  - Filters provide an unrealistic depiction of what people look like in reality
- Caring about likes and followers

Relationships

Pros:

- Can discover and connect to online communities with similar interests
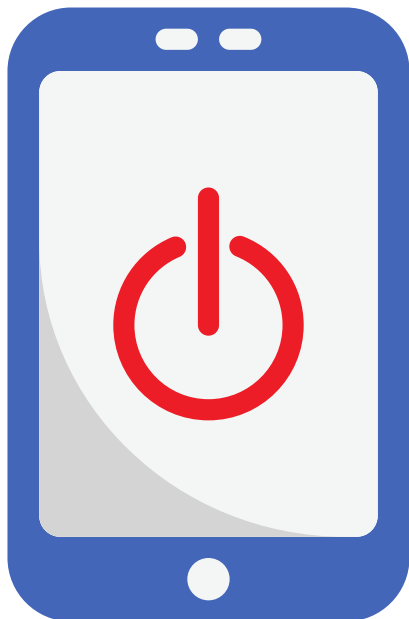- Can connect with friends you can't see during COVID

Cons:

- Lack of genuine emotional connection
- Anxiety about relationships
- FOMO
  - Fear of missing out
  - Can also feel left out when friends post

Learning

- Can learn new things
  - Especially about topics you are interested in
- Learning about world events
- Information
  - ex. harm reduction

- Possibility of being exposed to triggering content
- Can be anxiety-inducing to be overwhelmed by news
- Anger from posts you don't agree with (conflict)

Using social media healthily

There are both pros and cons to social media so it is important to find ways to use it in a way that feels healthy for you.

- Knowing when to take breaks and step away from it if you're feeling drained
- Set app time limits
- Being mindful of how it is impacting you
- Turn off notifications
- Logging out of apps/removing apps from home screen
- Internet safety

- Don't compare yourself with others or worry about likes/followers
- Privatize your account and disable message requests
- Not looking at your phone an hour before bed
- Leaving your phone in another room
- Use blue light filtering
- Go through followers to see if following those people make you happy