



THE SOCIAL DILEMMA

How to best manage social media at school and beyond



SOCIAL MEDIA
In Business

SOCIAL MEDIA CAN BE A POSITIVE EXPERIENCE

- It's about communicating with your friends & family
- It's fun & entertaining
- It's about sharing memories and moments
- It helps us staying close together, even if far away
- It should be about being yourself
- It helps us learn about the world
- It gives us a connection to what is happening in a timely-manner



IT ALSO HAS ITS LIMITS

- Sometimes it can feel overwhelming or too much to manage
- It may make you compare your life to others and feel bad
- **Not the reality:** everyone uses filters & embellish their real life social media
- Don't feel like you **HAVE** to belong to Social Media
- Reminder: what is online will follow you... forever.
- Anybody can follow you and find out your information
- Anybody can be a victim of social media bullying
- **Ask yourself often:** 'Do i truly enjoy this? What does it bring me?

What could I do instead?... in real life'.



HOW TO BEST MANAGE SOCIAL MEDIA



SIDE A - CONTROL & MANAGE

- Use with **MODERATION** - set up a max time for yourself each day (& leave outside of bedroom), discuss this with your parents, it's good for everyone!
- Turn off **ALL** notifications (under settings)
- When doing **HOMEWORK**, put your phone in another room (less distraction)
- Only accept people that you know in real life as **FRIENDS**
- Make your account **PRIVATE**, always and without any exception
- Do not share any of your **PERSONAL INFORMATION** with anyone (address, email, phone number...)
- Choose strong passwords and do **NOT** share with anybody: *3jhfrwt3723d*)!?*
- Hide your location at **ALL** times, esp. at school
- Also, **DO NOT USE** at school ;) speak to your friends instead.

HOW TO BEST MANAGE SOCIAL MEDIA

SIDE B - THINK & RELATE



- **Do not post anything you wouldn't like YOUR GRANDMA to see** (think: *'what would Grandma say?'*)
- **ALWAYS put yourself in someone else's shoes:** think about REPERCUSSIONS on someone's life = mental health issues
- **Never EVER take pictures of others and publish them without their OK first**
- **Realize that anything published online will stay with you FOREVER**
- **If in doubt, always speak with an adult** (at school or at home)
- **Report to an adult and the social network directly if you see anyone with a strange behaviour**
- **Don't believe everything you read:** fake news are very common so good to fact-check info
- **Stay informed and use your judgement:** understand why these companies want you to spend so much time on them, eg: watch the SOCIAL DILEMMA/SCREENAGER/LIKE.

QUESTIONS TO ASK THE AUDIENCE?

- HOW MUCH TIME DO YOU SPEND ON IT EVERY DAY (WHATSAPP INC)?
- DO YOU TRULY ENJOY IT?
- WHAT DON'T YOU ENJOY?
- DO YOU UNDERSTAND WHY IT'S ADDICTIVE AND THE REASON FOR THESE COMPANIES TO MAKE YOU WANT TO STAY AS MUCH AS POSSIBLE?
- DO YOU TALK TO YOUR FRIENDS OR RAISE ISSUES WHEN SOMETHING DOESN'T FEEL RIGHT? Eg: Someone being openly bullied on a WhatsApp group or someone sending something inappropriate
- DO YOU ALWAYS THINK BEFORE YOU POST?
- DO YOU ASK YOURSELF? 'IT COULD BE ME IN THAT SITUATION'
- DO YOU REALIZE THAT IT CAN BE DETRIMENTAL TO YOUR HEALTH OR OTHERS?
- DO YOU FEEL PRESSURE SOMETIMES TO BE A PART OF IT?
- DO YOU KNOW THAT IT DOESN'T REPRESENT REAL LIFE?