

# Challenge Team and Social Media

MVHS Student Panel  
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# Introductions



Mira Brown  
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**How does social media affect  
our perceptions of others and  
the way in which we present  
ourselves?**

*Inauthenticity and Fakeness*



**How has social media shaped  
how we communicate?**

*Social media and the ways in which  
we interact with each other*





# **How has social media impacted our daily lives?**

*Social media's effects on others and our  
daily lives*

**Social media isn't going away  
any time soon, how will our  
generation avoid complete social  
media dependency?**

*Permanency of Social Media*

**What do you consider when  
deciding to post something online?  
When deciding NOT to post  
something online?**

*Cancel Culture*

**How does the constant presence  
of social media affect our lives?**

*Social Media Addiction*



# How does the constant presence of social media affect our lives?

*Social Media Addiction*

## 2023 Instagram wrapped statistics



- Cookies and algorithms personalise "for you pages"
- Problems
  - Worse time management
  - People's perception of themselves
- Solution
  - Time limit on social media apps

**How can we utilize social media to harness its positive aspects?**

*Where social media is heading and harnessing the positives*

**What does social media education  
in schools look like and why is it  
necessary?**

*Social Media Education and Schools*

**Thank you for  
listening!**

**Questions?**

**Answers...**



**How does social media  
affect our perceptions of  
others and the way in  
which we present  
ourselves?**

*Inauthenticity and  
Fakeness*

- ❖ Only the best part of our lives
- ❖ Slice of our lives
- ❖ Filters on our true self
- ❖ Sharing true self is difficult
- ❖ Real self and real life receives less likes and attention
- ❖ Solutions:
  - Separate school and social media
  - Helping kids understand the consequences of this

## **How has social media shaped how we communicate?**

*Social media and the ways in which we interact with each other*

- ❖ Can be positive in that we stay connected with people we meet
- ❖ Negative in that we avoid conversation, feel awkward without our phones, decline in face to face communication
- ❖ We compare ourselves to others, jealousy
- ❖ Solutions
  - Learn how to separate friendship and phones
  - Delete apps that bring you negative feelings
  - Push yourself to say hi to people you know in public, gets easier and easier

## **How has social media impacted our daily lives?**

*Social media's effects on others and our daily lives*

- ❖ People post and communicate on social media impulsively without thinking
- ❖ People need to think about what they are posting before they post.
- ❖ Effects how others live and rely on social media as a way to connect with others and the world
- ❖ Social media has become a default and back up for many people by being a resource that you can use 24/7
- ❖ Social media makes students and people in our community less aware.
- ❖ Social media has caused people to not be present but distracted
- ❖ Social media limits the time people spend and talk with others
- ❖ Solutions
  - Create or find an application that you can add to instagram to alert your child to think about what they are posting
  - Finding other activities to enjoy and get involved with rather than spend all your time on social media
  - Keep an open mind and think about how your post could or couldn't negatively influence others
  - Share personal connections and share how a post has hurt you in some way

**Social media isn't  
going away any time  
soon, how will our  
generation avoid  
complete social media  
dependency?**

*Permanency of Social  
Media*

- ❖ Data collection
- ❖ Loss of Privacy
- ❖ Always being monitored
- ❖ Solutions:
  - Being selective with our online interactions
  - Actively shaping our digital footprint



**What do you consider  
when deciding to post  
something online?  
When deciding NOT to  
post something online?**

*Cancel Culture*

- ❖ There are a lot of strong opinions online
- ❖ We censor ourselves and can't always express what we think
- ❖ Previous times, you could say things and it not be permanent
- ❖ We think about who will see this (family, friends, everyone)
- ❖ We have to consider how it affects others

# How does the constant presence of social media affect our lives?

*Social Media Addiction*

- ❖ **Instagram wrapped** (just 2023!!)
  - Claire - 958 hours/40 days
  - Josi - 1288 hours/54 days
  - Nadia - 683 hours/28 days
  - Average - 976 hours/40 days
  - Why is this?... below
- ❖ **Cookies and algorithms** are able to cater your interest page to exactly what you like (looks at recent likes, comments, how much you have spend watching a previous video)
- ❖ Leads to a **constant stream** of personal entertaining videos
- ❖ **Negative effects** of this constant 'stream'
  - Harms time management
    - always able to pick up the phone and scroll through for a "few" seconds
  - Avoiding social problems
    - Can always look at phone to avoid social interactions and at this perfect entertainment
  - Changes perception of one's life
    - Makes someone's life look boring compared to this personalized list of videos
    - Negatively impacts people's life and image of themselves
- ❖ Limit social media apps (notification when x amount of hours have passed)

**How can we utilize  
social media to  
harness its positive  
aspects?**

*Where social media is  
heading and harnessing  
the positives*

How to harness the positives of social media:

- ❖ Setting intentions
- ❖ Controlling social media exposure
- ❖ Social snacking - actively engaging and connecting with friends
- ❖ Education

## **What does social media education in schools look like and why is it necessary?**

*Social Media Education  
and Schools*

- ❖ Implementing digital citizenship social media education in schools
- ❖ Including peer discussions in this education, not merely online sources such as Nearpod
- ❖ More engaging—not just learning the facts
- ❖ Education about...
  - The mental, physical, and emotional effects of social media
  - The design code and privacy
  - Other ways to spend free time other than on our electronics
  - Misinformation to prevent self-diagnosis
- ❖ Social media education required early in high school (or even better—middle school) as part of health classes

# Thank You!

Additional questions or comments?

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