

Social Media Today



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How many social media apps do you use?

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3.5 BILLION PEOPLE ON
SOCIAL MEDIA

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3



3.5 BILLION PEOPLE ON
SOCIAL MEDIA



ABOUT 1 IN EVERY 3
PEOPLE WORLDWIDE

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A dark blue slide with a repeating pattern of faint social media icons. The title "Social Media" is centered in white. At the bottom, there is a blue banner with the text "2024 PARAEDUCATOR CONFERENCE" in white and a small AEU logo on the right.

"Social Media"

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A dark blue slide with a repeating pattern of faint social media icons. The title "Social Media" is centered in white. Below the title is a definition in white text. At the bottom, there is a blue banner with the text "2024 PARAEDUCATOR CONFERENCE" in white and a small AEU logo on the right.

Social Media

Websites and computer programs that allow people to communicate and share information on the internet

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Social Media Today

Social media is a tool

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Social Media Today

- Self-Expression
- Comparison
- Social Engagement
- Pressure to stay connected
- Harmful Content

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Self-Expression

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Self-Expression

Authentic Self

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Self-Expression

Cultivate a positive self-view


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Self-Expression

Cultivate a positive self-view

Create positive impressions in others

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Self-Expression




Sense of Self

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Self-Expression



Sense of Self Self-Esteem

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Self-Expression



The slide features three circular icons in a light blue color. The first icon shows two profiles of heads facing each other, one with a brain inside, representing self-reflection. The second icon is a simple smiley face with a wide, curved mouth. The third icon shows four stylized human figures (two women and two men) standing side-by-side and holding hands, representing a community or group.

Sense of Self Self-Esteem Sense of Belonging

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Comparison

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Comparison

- Seeking approval
- Constant checking of likes and comments
 - Confirmations of meeting specific ideals

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Comparison

- Likes = Confirmations of specific body ideals
 - Rooted in media representations of beauty
- Triggers development of disorders like anorexia
 - Weight loss to meet these ideals

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Comparison

Authentic Self

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Comparison

Authentic Self

“Authentic” Self

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Social Engagement

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Social Engagement

- Easier to form connections
- Less pressure
- Increased support systems
- Positive correlation with wellbeing

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Social Engagement

- Support for diseases/disorders/discomfort
 - Reduced isolation
 - Recovery stories
 - Providing/sharing resources
 - Overcome fears
 - Reassurance

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Pressure to Stay Connected

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Pressure to Stay Connected

- Fear of being disconnected
- Being unaware of online occurrences risks offline social exclusion

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Pressure to Stay Connected

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Pressure to Stay Connected

Compulsive use

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Pressure to Stay Connected

Compulsive use

Diminished quality time with friends and family

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Pressure to Stay Connected

Compulsive use

Diminished
quality time
with friends and
family

Emotional
Detachment

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Pressure to Stay Connected

Compulsive use

Diminished
quality time
with friends and
family

Emotional
Detachment


Physical health
effects

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Pressure to Stay Connected

Compulsive use	Diminished quality time with friends and family	Emotional Detachment
Physical health effects	Increased anxiety	

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Pressure to Stay Connected

Compulsive use	Diminished quality time with friends and family	Emotional Detachment
Physical health effects	Increased anxiety	Ignoring other responsibilities

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Harmful Content

Bullying

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A blue-themed slide with a pattern of faint circles. The title "Harmful Content" is at the top. A rounded rectangular box on the left contains the word "Bullying". At the bottom, there is a blue bar with the text "2024 PARAEDUCATOR CONFERENCE" and a small "AEU" logo on the right.

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Harmful Content

Bullying

Distressing news

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A blue-themed slide with a pattern of faint circles. The title "Harmful Content" is at the top. Two rounded rectangular boxes are present: one on the left containing "Bullying" and one on the right containing "Distressing news". At the bottom, there is a blue bar with the text "2024 PARAEDUCATOR CONFERENCE" and a small "AEU" logo on the right.

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Harmful Content

A diagram with a dark blue background. At the top center is the title "Harmful Content" in white. Below it are three light blue rounded rectangular boxes arranged in a descending staircase pattern from top-left to bottom-right. The boxes contain the text "Bullying", "Distressing news", and "Misinformation" respectively. At the bottom of the slide is a blue footer bar with the text "2024 PARAEDUCATOR CONFERENCE" in white and a small "AEU" logo on the right.

Bullying

Distressing news

Misinformation

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Harmful Content

- Increased anxiety
- Feeling trapped
- Increased self-harm/suicide rates
- No control

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What can we do?

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Parents

- “Tech-Free” Zones
- Communication
 - Talk to your kids about online habits
- Model responsible behavior

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“Tech-Free” Zones

- Physical locations or Timeframes/Activities
 - Living room, during dinner, on a walk, etc.
- Establish a “closing time”
 - Better sleeping habits
- Foster in-person relationships

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“Tech-Free” Zones

- Physical locations or Timeframes/Activities
 - Living room, during dinner, on a walk, etc.
- Establish a “closing time”
 - Better sleeping habits
- Foster in-person relationships

These zones must be mutual

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Communicate

- Keep an open dialogue
 - Nothing is off limits
 - Provide advice, be open, but don't pry
- Keep an open mind
 - Listen to and learn from your child

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Model Responsible Behavior

- It starts with you
- Follow the same rules you set for your kids
- Don't share anything you wouldn't want your kids to share

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Educators

- Incorporate teachings about online behavior
 - Include critical thinking
- Report cyberbullying/inappropriate behavior to school and online platform
- Partner with parents to establish shared norms around tech