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Conteúdo: Informações em ambientes virtuais

The success of “TIKTOK” and the danger to mental health



TikTok is a social media platform whose basic function is to create, to share and to discover short videos (15 seconds long). The app is used by kids, young people and adults as an outlet to express themselves through singing, dancing, comedy, and lip-syncing, and allows users to create videos and share them across a community.

TikTok is so addicting because the algorithm TikTok show us contents that we like.

Pros and Cons of TikTok On Kids' Mental Health:

One of the most common concerns about this platform is the effect it can potentially have on one's mental health. We will explore various ways TikTok can affect today's youth.

• Pros:

1. It's Funny - TikTok is full of comedy scenes, duets, and interesting dances, all very funny for kids and youngsters.

2. It's Good for Making Friends - Social media removes the pressure of communicating directly, face-to-face, making it a lot easier for some kids to express their thoughts, feelings, and make new friends.

3. It Can Be a Good Creative Outlet - It can be beneficial for kids' self-expression and creativity.

4. It Offers Earning Money - The app provides from 100 to 10,000 virtual coins that range in price from 99 cents to \$99.99. TikTok coins are an in-app currency that people can buy if they are at least 18 years of age



• Cons:

1. You Can Get Exposed to Sexual Predators - Its dangerous and problematic because some individuals send explicit messages and images to children. Many users and parents had to report predatory behavior to the police. So, be careful!

2. It Can Harm Privacy Often, kids film in front of their homes, show off their homes' interiors, share their locations, show off their parents' cars, and display the license plate, etc. Some individuals can use this information for malicious purposes.

3. It's Prone to Negative Comments - There are great chances of receiving negative comments. Many people feel worried and insecure when reading them.

4. It Can Harm Self-Esteem A large volume of negative comments, or even a single one, can have a devastating impact on a kid's self-esteem and confidence, and can result in self-harm or body image issues. This can deeply hurt one's mental health.

Glossary:

Whose - cujo (a)	concern - preocupação	Range - alcance	Harm -prejudicar, machucar
Outlet - saída	way - maneira	Price - preço	Often - geralmente
Themselves - a si mesmos	today - hoje	\$ - dólar	Home - casa, lar
Lip-syncing - sincronia labial	youth - juventude	Currency - moeda	Location - localização
Allow - permitir	funny - divertido	Buy - comprar	License plate - placa de carro
Across - pelo (a)	make friends - fazer amigos	At least - ao menos	Purpose - propósito
Addicting - viciante	Kids - crianças	Age - idade	Receive - receber
Show - mostrar	Youngsters - jovens	Dangerous - perigoso	Worried - preocupado
Content - conteúdo	Pressure -pressão	Children - crianças	Self-esteem - auto-estima
Pro - ponto a favor	Face-to-face - cara- a -cara	User - usuário	Body - corpo
Con - ponto contra	Self - a si mesmo / auto	Parents - pais	Issues -problemas
Health - saúde	Coin - ficha	Behavior - comportamento	Hurt - ferir, prejudicar

EXERCISE:

1- Answer about the text: (Responda sobre o texto:)

a) What is TIKTOK? (O que é o TikTok?)

☐

A social media platform

☐

A cellphone

☐

A musical group

b) What is its basic function? (Qual sua função básica?)

☐

Send messages in personal profiles or groups

☐

To create, to share and to discover short videos (15 seconds long).

☐

To write negative comments to all the users

c) How young people express themselves in this platform? (Como os jovens se expressam nessa plataforma?)

☐

singing, dancing, comedy, lip-syncing, etc.

☐

Only writing messages to the other users

☐

Sending photos to family members

d) Why is TIKTOK so addicting? (Por que o TikTok é tão viciante?)

☐

Because youngsters have much time to spend

☐

Because the algorithm show us contents that we like

☐

Because the adults are not funny

2- Write T (true) or F(false) about the text: (Escreva Verdadeiro ou Falso sobre o texto)

☐

Only Kids use TikTok

☐

Negative comments on TikTok can affect self-esteem and confidence

☐

TikTok is a platform only to write and read texts

☐

Kids, Young people and adults use this platform to express themselves

3- Classify the sentences in Pros (a favor) or Cons (Contra) about the use of TikTok. (Classifique as sentenças em Pro- Pontos a favor ou Cons - Pontos contra...)

Funny

Negative comments

Creativity

Harm privacy

Make friends

Sexual Exposition

Earning money

Harm self-esteem

PROS

CONS

GOOD STUDY!!!