

SOCIAL MEDIA

EVOLUTION OR INVOLUTION OF HUMAN COMMUNICATION?



- Are you on social media? Which ones do you have?
- When did you start using them?
- How many hours a day do you spend scrolling on your social media accounts?
- Which one is your favourite? Why?

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Read the following text and say if you agree or disagree with its content:

Everybody has got a phone these days. No matter how young or old you are we all have social media accounts. What it is worrying is the time people spend on their phone apps, especially if we think about teenagers. A recent study shows the **average** Brit checks their phone as much as 28 times a day. It is very common to see people in gatherings not talking to each other and just **scrolling on** their phones.

The number of likes and followers on a social media account has, believe it or not, a huge impact on many people's **self-esteem**. Stina Sanders a 28-years-old model who has 107K followes on Instagram explains how social media makes her feel bad with herself: "When you compare yourself to others on social media you start doubting about your own worth. I stay up late and I **stalk** aesthetically perfect Instagram posts of other models and it feels **addictive**. The American Journal of Epidemiology made a research in which they claimed that social media has a negative impact on users' **mental wellbeing**.

Many users try to reach an impossible to reach perfection and beauty standards with the belief that this will be a guarantee of happiness. What do you think?

Give your opinion using the words in bold.



Read the following comments related to the topic. Discuss in class if you like or dislike these comments and provide your reasons:

 @IreneSidede hace 3 años
We seem to forget that there was a time where social media DID NOT exist and we were living just fine!

 @Taldaran hace 6 meses (editado)
I quit social media during the pandemic. It improved my mental health considerably, mostly anxiety and depression. It's liberating when you start on the path to caring less about what other people think about you, and focus on what you think about yourself. That's when true healing begins.

 @ToLovelyJesus hace 2 años
I remember when social media was fun and a genuine way to connect with people. Now it's mostly just toxicity and self-promotion.

 @sacrilegiousboi978 hace 6 meses (editado)
The sad truth is that social media has become so embedded in our society that many people don't have a choice but to use it eg. as a self employed musician and media producer, it is pretty much a must for me to use multiple social media platforms to advertise, promote and network so I am left with a choice of either a) escaping the toxicity or b) not getting any work.

 @itxmfahadkhan hace 6 meses
We need to take control of social media and use it for its proper ends rather than being trapped in addictive behaviours. It's important to be present in the real world and focus on fulfilling pleasures that help us realize parts of ourselves we didn't have.



Read the following words and search the ones you don't know. How do you think they are related to the topic?



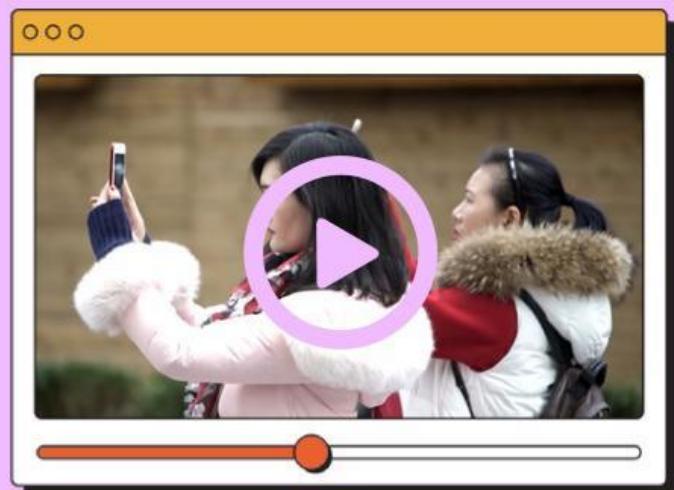
- **TRIGGERS (V)**
- **ADDICTIVENESS**
- **UPDATING**
- **FEEDBACK**
- **HEADLINES**
- **CLICKBAIT**
- **ADVERTISING**
- **TIME-CONSUMING**



WHY ARE PEOPLE CHOOSING TO QUIT SOCIAL MEDIA?

Let's watch a video about some people who decided to quit social media. Also, pay attention to the specialists' opinions.

Answer the questions below using the information that you remember. Watch it again if necessary.



Rupen Kalsi

1. What caused the writer to quit social media?
6. What does she think of social media?



Gabriel Egan

2. What does the professor think about constantly updating your current status on social media?



Bernie Hogan

3. What does the doctor prefer to do when telling something about himself to someone for the first time?



James Williams

4. Why does he say that things like clickbaits exist?
5. What does he think of social platforms?

LOOK FOR THE FOLLOWING EXPRESSIONS FROM THE VIDEO:

- go whole hog
- trapped in a loop
- shoot my mouth off
- at the end of the day
- punch the right buttons
- stay hooked in