



SOCIAL MEDIA OBSESSION

Dear Parent,

Since the onset of the Covid- 19 pandemic, the social interaction of students has become minimal. As such, most of the students have found companionship in the ubiquitous mobile phones or laptops. A lot of time is being spent by students in browsing social media sites or gaming activities and it is being observed that the habit is becoming an obsessive and compulsive disorder with many.

While on one hand, Social media is an important way to stay connected with family and friends, the likes, comments and posts we share on social media can often seem inconsequential, **but they do matter.** There are down sides to Social media usage, which are detrimental to the fabric of human relations.

- The urge to constantly check social media for the latest updates can derail a child from the things they should be doing. Homework, chores and interpersonal relationships with friends and family can suffer.
- Children typically post about happy events and photos that put them in a positive light. As a result, it is easy to have the impression that others are more successful, more attractive, have more friends, and lead a much happier life.
- Counting the number of likes or shares can quickly become a measure of one's self-worth, acceptance, and popularity. Some posts don't receive as much recognition as others. Someone else will always have more friends or followers. Social media shouldn't be a competition.
- People can pretend to be whoever they want to be on-line. Unfortunately, people don't always understand the dangers that are out there, nor do they recognize that they can be targeted just as easily as anyone else.
- Online communication has quickly replaced face to face communications. Communicating via computer or text is often a more comfortable way to connect with others. Unfortunately this can cause people to live in isolation and for some to exist in almost a fantasy-type world.
- Being bullied in real life is bad enough, but it can be much worse when done on social media. Name-calling, lies, rumors, and critical comments are much easier when done online. Unfortunately, the hurtful posts and comments leave an indelible mark on the youngsters.
- Break-ups are emotional events anyway; social media now makes this painful situation public for others to see. Viewing photos or reading comments about a former boy/girlfriend can be heartbreaking.

Social media addiction is no easy thing to quantify, but there are some very clear signs. The best thing that we can do to help our children is to help them learn to live without Social Media at times. This doesn't mean abandoning social media, it just means spending some time away from it completely- digital detox.

No one's life is perfect, not everyone is going to like you all the time, it is natural sometimes to be upset about something you've seen online, we have to teach our children to be resilient and bounce back from disappointments and bumps in the road.

Teach the children not to be consumed by events online that one forget to live their life in the real world! Unplug, connect with real life people, exercise, appreciate nature, get caught up in a hobby, etc.

"YOU WOULDN'T LEAVE YOUR KID ON THE SIDE OF THE HIGHWAY WITHOUT SUPERVISION. YOU SHOULDN'T PUT THEM ON THE INTERNET HIGHWAY WITHOUT THE SAME TYPE OF SUPERVISION."



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