

BREAKING



NEWS

Social media is a habit here to stay in majority of the population's lives. The quick, easily accessible knowledge it produces enable us to keep up to date with current affairs, the glimpses of a celebrity's lifestyle gives us something to dream about, and the casual check ins with distant friends provides an outlet for us to communicate. Yes, there are plenty of ways social media aids our wellbeing and makes us feel good, but long-term, **is it actually destroying us?**

This may not have been something you have given a second thought until now. **Former Facebook data expert Frances Haughen decided to share some home truths about the multinational technology company** and how it is seriously damaging the mental health of young people around the world, as well as keeping profit maximization a number one priority.

Scientist Haughen touched base with a few worrying facts about Facebook **regulation and management.** She submitted numerous complaints about Facebook to the Securities and Exchange Commission in America. These complaints included:

- The fact that **hateful messaging and content gets more of a reaction that kind unproblematic posts was used as an incentive for Facebook to keep circulating harsh and offensive media.** Due to the amount of attention Facebook would receive from this kind of material being posted online, they generated more profit, so would simply turn a blind eye to the negative impact it could have.
- Surveys that were run to prove **young girls felt less confident after viewing influencers and models on Instagram.** It has been stated that the content shown on the likes of Instagram and Facebook has a profound impact on the rates of suicide and eating disorders in young girls today.
- It was also stated by whistleblower Haughen, that there have been an **abundance of negative findings, reviews, and experiences generating from Facebook that are being avoided and ignored** at all costs, as the way Facebook is being managed right now is creating a hefty profit, which is seemingly what matters most to the faces of the multibillion dollar application.

From reading this, you may be under the assumption that Facebook does more harm than good, but surprisingly this is not what Haughen was trying to prove when releasing this information. The data expert believes that Facebook is still an amazing platform for business, communication and wellbeing, but with that comes an excessive need for regulation. **There is no getting rid of social media, but there are many areas that can improve for the benefit of the people using the app.**

Especially when discussing younger people and social media, **it is important to acknowledge the fact that they have never known a world without the internet being a primary tool used in society.** So, instead of trying to take this away from them, we should make more of a conscious effort to moderate the content they are seeing.

Instead of restricting social media use, we should monitor it:

- **Check what sites your children are posting on,** the internet is full of open doors, you may not even know what your child has been accessing online!
- **Install security on your devices.** Blocking certain explicit websites, turning all accounts on private and ensuring children are only using kid friendly applications could really help keep youths from accessing content they shouldn't be
- Make sure young people are aware of the power social media has. **Photos and messages are posted forever even after you delete them,** career opportunities hang in the balance of your cyber profiles and the amount of personal information you share online makes cyber criminals, stalkers and strangers lives so much more exciting. Be careful!

Social media cannot destroy us if we control it, be aware, be cautious and be safe when online!



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