



OVERSHARING



An illustration depicting various social media activities. A woman is shown inside a large smartphone screen, holding a heart icon. A man stands next to her, holding a megaphone. Another man is shown holding a smartphone, and a woman is shown holding a laptop. The background is filled with various social media icons like hearts, play buttons, location pins, and a globe. The entire scene is set against a light gray background with a black border.

What is oversharing

- The phenomenon of oversharing is one of the most common inconveniences caused by social media. It consists in the need of people who use these social networks to share everything they do or see every day and to reveal an inappropriate amount of details about their personal life.
- For Instagram above all, oversharing means not eating in a restaurant before having photographed the dish, not looking at a landscape without having immortalized it from all possible angles, buying a dress or going to a place thinking only of the photo that will come out of it.
- Don't get us wrong, there's nothing wrong with the pleasure of sharing, which often comes just from a desire to connect with other people. However, when the image that you want to project on a daily basis in the social world becomes more important than what is really happening around you, the road could take a bad turn.



What is the real reason for making our private life public?

- And if for those who have managed to get millions of people interested in their days, i.e. the Influencers, oversharing becomes an income and professional growth, who does not aspire or cannot be, why do they do it? Only narcissism and desire to interact with others?
- In many cases it is an excessive need to show yes, but according to some studies, many mental health conditions such as bipolarity, depression or anxiety lead to oversharing. So we should be careful to always judge oversharing as superficiality or a desire to appear. In fact, according to some researchers, those who are already suffering from depression can choose to use social media to escape from their emptiness. Paradoxically, however, the more social media is used, the greater the likelihood of depression manifesting itself.



***Teenagers who
demand their
privacy***



Nowadays we talk more and more often about privacy and the protection of personal data.



- Attention should become maximum when it comes to minors, who are increasingly exposed and increasingly present on social networks and in every corner of the digital world. We hardly realize the proportions of the network, they are numbers too large for our imagination, just as we do not have an adequate idea of the speed with which the contents shared online can travel and spread on the web.
- Adolescents fill their mouths with "I want my privacy" when they demand that their private space be respected by their parents and, in parallel, they independently violate the security rules with friends, acquaintances and strangers from the web who continually enter the their private life, their habits and in their intimate spaces. A need for sharing without borders, which is increasingly favoring the development of a shared identity



The risks of making your life public



- Cyberbullying is a very serious phenomenon especially for the youngest. Cyberbullying takes place in a "public square" (the potentially infinite space of the network) much wider than any real place where an act of prevarication or intimidation can take place. Finally, the cyberbully can exploit anonymity by hiding behind technologies and performing actions that he would be more unlikely to implement if he were to publicly expose himself with his face and his name. The faces that cyberbullying can take on are constantly multiplying, today we talk about haters (those who foment hatred with insults and derision), sextortion (the blackmail of those who threaten to make sexual photos or videos public), revenge porn (the revenge of those who use images and videos of an intimate nature to discredit the victim) or grooming (the solicitation of minors on the web through psychological manipulation) and other forms of aggression based on social networks.

