

## 9.1 Social media @@@@@

| addiction              | إدمان            |
|------------------------|------------------|
| Up-to-date information | معلومات اول بأول |

Social media is websites or online services let people connect together

Tree Contractions

#### main reasons that people use social media for:

stay in touch with friends up-to-date with news & events buy products

fill spare time find funny contents sharing photos & videos

3.6 <u>billion</u> people <u>worldwide</u> using (half of world's population)

99% of <u>UAE population</u> use <u>first website</u> created in <u>1997</u>

Average: people worldwide spend 2h 27min in a day <u>UAE spend</u> 3h 4min

YouTube most popular 88% of population using it



TikTok - create & share 15-seconds videos

Instagram - photo & video sharing

Facebook - connect and share things with family & friends

WhatsApp, Telegram - send messages & make calls



| Advantages                           | DisAdvantages                     |
|--------------------------------------|-----------------------------------|
| A lot of different info available on | access personal info & steal data |
| communication & promote businesses   | Addiction                         |



## positive:

meeting peoples easier learn new skills & find info sources of info & learning improve lifestyle emotional support easier distance learning outlet for creativity and self-expression raise awareness on important issues small communities can talk with different groups

For some people social media offers a safe space to express themselves and reveal their personal experiences



### 9.2 The negatives of social media

| anxiety           | <mark>قلق</mark>                              |
|-------------------|---|
| Bully             | تنمر  |
| Council           | مستشار  |
| depression        | <b>اكتئائلل</b> وزن جدًا والشعور بعدم الأممية |
| Dissatisfaction   | عدم الرضا                                     |
| envy              | حسر   |
| <b>Isolation</b>  | عزلة  |
| Obsessed          | <mark>هوس</mark>                              |
| social engagement | ترابط اجتماعي                                 |
| Underlying        | كامنة   |

## Ways can have a negative effect on health:

fake friends (envy, dissatisfaction)

less face-to-face time

sleep problems



isolation, depression & anxiety, self-obsessed, avoid social engagement, hiding underlying problems, cyberbullying, fake profiles

Digital wellbeing support line by council - advice about situations in digital world



How to identify fake profiles: 🐰 🛞 🚨







check their profile photo through Google's reverse image search if the pic is attached to several profiles, it's likely to be a fake profile

lack personal data and low online activity. If a person says they are knowing your friends check with your friends if it's true

# Cyberbullying includes:

Hateful messages to somebody online. Spreading lies about somebody online. Making nasty comments on someone's social networking profiles.



## How to respond to cyberbullying:



#### 9.3 Social media and healthcare

| side effects      | آثار جانبية     |
|-------------------|-----------------|
| Unpleasant result | نتيجة غير مرجوة |

social media provides easy way of find & share important health infouseful for patient & healthcare providers

## healthcare providers:

communicate with patient improve patients' experience train medical staff

patient:

research medical conditions compare healthcare providers

healthcare providers (hospital, clinic, doctor, nurse, health professional)

They provide healthcare services to individuals, patients, families, and communities.

#### ways healthcare providers use

use online platforms to connect with patients share health updates with public

medical professional join groups to talk about healthcare area

health facilities share info about:

opening times, how to reach a doctor, services available online

## Ways patients' use

use online platforms to learn about their health condition

find online support groups or peoples with same conditions

learn taking more active role in their own healthcare

provide feedback about health treatment side effects that they experienced



side effect when treatment or medicine causes harmful or unpleasant result it happens when someone doesn't use the medicine correctly & not have been recommended by a doctor

# negative side of using social media for healthcare:

info in not always correct

who post about medical conditions often don't have medical background worry and think that you have the condition being described



#### 9.4 Online presence and digital footprint

Every time you go online you leave a trace of your activity even if you delete your browsing history (online presence)

## Digital footprint

Information that you leave online (posts, comments, visit a website, playing games...)

## How to keep a healthy online presence:

use websites in positive way

think before posting negative things and try to not post negatively

choose what you put carefully

set your profile private

select strong privacy settings (but private is not fully private)

research yourself

if you find negative info about you. you can contact the person who adds it

## eSafety

keeping yourself (from bully, hurt) and your personal info safe & secure online



## How to protect online information

Don't give out your personal info

Don't share too much info on social networking websites

Use trust websites for shopping online (lock symbol on top of the website \_safe\_)

Use strong password hard to guess by others

Use security software (protect device from viruses, malware)



it's important to protect yourself & your online profile





# Digital safety services in UAE

Computer Emergency Response Team (aeCERT)



aims to improve info security in UAE & protect IT infrastructure from potential risks

You can report cybersecurity concerns



"**Salim"** by aeCERT

(Slogan: towards a safe cyber culture)

Spread knowledge of cyber safety to the community & have a generation is careful online





to produce digitally literate & responsible UAE citizens who're able to benefit from online participation while taking responsibility for their online behavior



#### 9.5 Finding reliable online info

| journals   | مجلات               |
|------------|---------------------|
| Reliable   | <mark>موثوقة</mark> |
| Reputation | سمعة                |

## importance of using reliable online info

**To not harm** yourself or others by following bad health advice

#### Where to find reliable info online

From official health info websites (by healthcare providers), medical center government health advice websites

online helplines or forums

Your doctor or nurse news websites, websites developed by healthcare providers medical journals scientific reports

## How to search for reliable information

## Use good reputation websites

(Government websites, websites produced by special organizations)





check who wrote it (check qualification and experience of the writer, professor)

check if the website safe

check how old the information is (find most up-to-date data)



make a judgement (decide if it reliable or not)