9.1 Social media

addiction	إدمان
Up-to-date information	معلومات اول بأول

Social media is websites or online services let people connect together

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 billion people worldwide using (half of world's population)

99% of UAE population use   first website created in 1997

Average: people worldwide spend 2h 27min in a day   UAE spend 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	قلق
Bully	تنمر
Council	مستشار
depression	حزن جدًا والشعور بعدم الأهمية اكتئاب
Dissatisfaction	عدم الرضا
envy	حسد
Isolation	عزلة
Obsessed	هوس
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

DIGITAL WELLBEING
80091
خط المحافظة على جودة الحياة الرقمية

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.

The Vicious Cycle of Unhealthy Social Media Use
You feel lonely, sad or stressed
You use social media more
You experience FOMO and feel isolated
You feel even more depressed and anxious
You browse social media more
www.mentaltreat.com

How to respond to cyberbullying :

don't reply to bad messages and posts, tell your parents or another adult.
use "block" feature to prevent bully from contacting you.
 your account and create a new one but share it with people you trust only.
if it's still contines keep the messages report the bully to the police, it's a crime in UAE to bully someone.

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 info

useful 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 <u>doesn't use the medicine correctly & not have been recommended by a doctor</u>

==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)

Personal eSafety

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

Cyber C3

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		موثوقة
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)