

# The Effects of Consumer Electronics & Social Media

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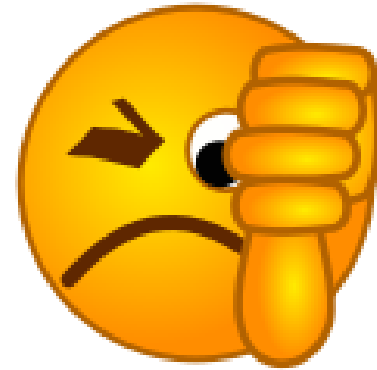
# Overview



- Devices continue to decrease in size
- Increase in capabilities
- Children gaining access from a younger age
- Social Media
- Older adults trying to keep up

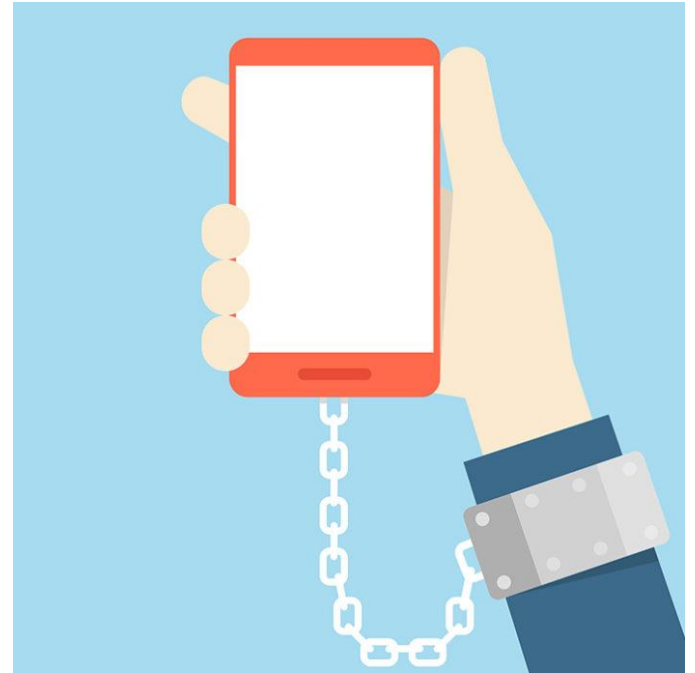
# Adolescents

- Positives – Education, connections w/peers w/ similar interests, school safety/weather alerts, positive peer feedback
- Negatives – Physical (posture), “iPhone Thumb”, cyberbullying, inappropriate posting, FOMO, poor sleep



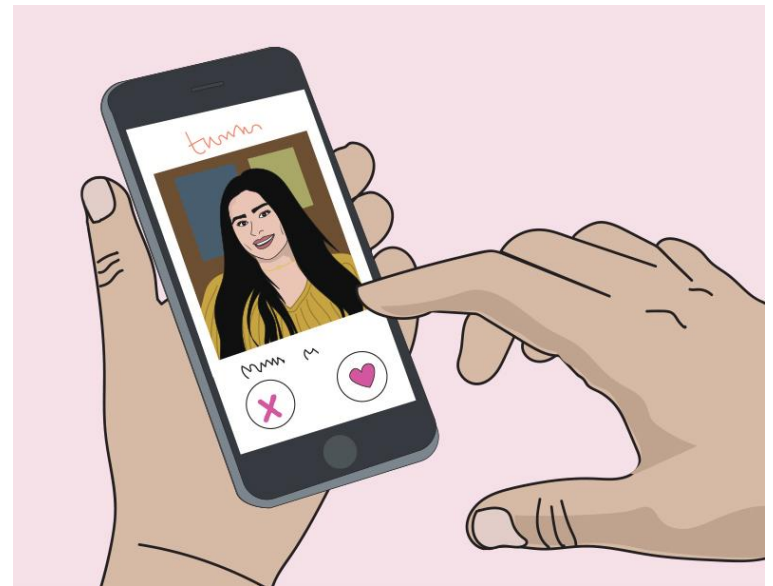
# Adults

- Not as much research
- Relationship between “smartphone addiction” & depression
- Smartphone deprivation can make it worse
- Issue of self-control



# Dating Apps

- 40% of single adults pursue partners online
- Over 200 million users worldwide as of 2019
- Pros – safe & efficient
- Cons – based on appearance, can negatively impact mental, potential sexual harassment



# Takeaways

- Smartphones & social media are TOOLS
- Not bad on their own
- Parents need to take active role & monitor use of adolescents & children
- Despite the convenience, time away is just as important for physical & mental well-being

The End !

Thank You