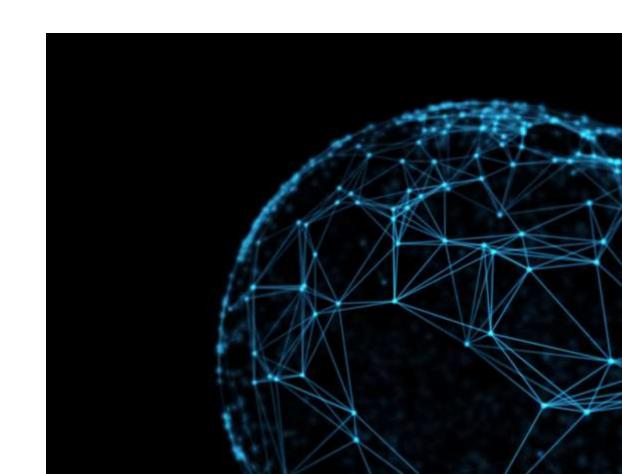# THE RISKS AND DANGERS OF VIDEO GAMES, SOCIAL NETWORKS AND SMART PHONES

Emanuele Filippo Farfariello

risks of digital technologies

- there are many risks, we will see them in the presentation

- **Points →**

 1) dependence to video games

 2) dangers of social media

 3) dangers of telephone

4) Role of parents

5) positive sides

6) conclusion

dependence to video games

- one of the many problems with video games is *dependence* and the *impact on health* (salute)

- **Dipendence** → *risks*: social isolation, mood swings (sbalzi d'umore) and depression

    Video game dependence is the same as drug dependence

    in Italy → 1 out of 5 is dependence by videogames

    the toxic side is for results → you want become the best

- **impact on health** → *prolonged use*: negative consequences → depression, social isolation
    and is not good for the body because when we play we are stopped
    (fermi)

dangers of social media

- There are many dangers related to social media, one of them is cyberbullying and other problems with the privacy of your account

- **Cyberbullying** → *what is*? → online bullying and uses insecurities about the body in a lot of part of cases

  What do cyberbullies use? → messages, photos and videos sometimes also published (totally in internet)

- esempio: orally (a voce)

- **privacy of account** → Sometimes even if you have a password in your account, and it's safe for you, it's never safe

  problem → when a hacker gets into your account, they have everything, your password, photos and videos in the account

dangers of the smartphone

- there are multiple types of dangerous impacts. there are the most important ones and they are these:

- **impact on sleep** → the phone causes excitement and after sleep is difficult

    Solution → get away from your phone an hour before going to sleep

- *impact on health* → when you use the phone in many parts that your timing, seeing, paying attention and motor functions are difficult

Role of parents

- To stop this problem, the role of the parent is important:

- **digital pause** → for me it is important to make sure that the child uses the phone less:

      1) practice a lot of sport

      2) have time to play and stop

- **role of parents** → Having all the passwords of the child's account is one of the ways to stop cyberbullying

positive sides

- Internet and telephone in general have a lot of positive sides, for example:

- **Communication** → you can always send messages to many parts of the world

- **online learning** → many students use the internet to study, and if you use good sites it's
            great

conclusion

- **my personal consideration is that:**

- if you use you smarphone or internet in the limits, for example, 1-2 hours in one day, is octimal.

- If you use internet for study, is octimal.

- if you use internet for chat whit your friend somethimes in the day, is optimal

- But if you use internet in a lot of parts of days and you prefer stay at home and play and don't exit, is a big problem.

- In the end → The internet is a source and is important for life but it is important to use it correctly

THANKS FOR ATTENTION