



Disadvantages of SOCIAL MEDIA 🎮

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Class: 7'B'

What is Social Media?

- ❖ Social media refers to digital platforms that enable users to create, share, and interact with content in real-time. Popular platforms include Facebook, Instagram, Twitter (X), TikTok, and LinkedIn. While these platforms offer connectivity and information exchange, they also present several disadvantages that affect users in various ways.



Disadvantages of Social Media



Loss of privacy

Many social media platforms collect large amount of information from the people in form of cookies.



Social Media Addiction

Social media keep users engaged for a long periods of time leading to time wastage and addiction.



Mental Health

Excessive social media leads to anxiety, depression and mental issues.



❖ **Spread of Fake News & Misinformation**

Fake news spreads rapidly on social media, misleading users on important issues like health, politics, and social events.

❖ **Weakened Real-Life Relationships**

Many people prioritize virtual interactions over spending quality time with family and friends.



❖ **Impact on Physical Health**

Prolonged screen time leads to digital eye strain, causing headaches and vision problems.

❖ **Cybercrime**

Increased cases of cyberstalking and harassment

Balancing Social Media Use

Even though social media has a lot of disadvantages, it is a boon for all of us if used appropriately.



Thank You!