

## **STS NOTES - LESSON 7**

- ICT provides foundation for social media to exist.
- Social media uses ICT infrastructure.
- Social media is powered by ICT tools and networks - shape modern communication, business, education, and social interaction.

### **POPULAR SOCIAL MEDIA NETWORKS**

- Social networking sites (eg. Facebook, Instagram)
- Image based sites (eg. Pinterest)
- Discussion forums (eg. Zoom, discord, stackoverflow)

### **ICT AND THE SOCIAL MEDIA**

- Source of social media ↔ Cultural transformation.
- Gave rise to new trends of media.

### **SOCIAL MEDIA INTERWINED**

- Global connectivity.
- Real time information.
- Self-expression
- Career opportunities

### **DYNAMICS BETWEEN SOCIAL MEDIA AND OTHER NETWORKS**

- Social media and traditional media
- Social media and professional networks
- Social media and academic networks
- Social media and social institutions

## **IMPACT OF SOCIAL MEDIA**

- Enhanced connectivity and communication
- Access to information and awareness
- Business growth and marketing opportunities
- Social awareness and activism
- Creative Expression and entertainment
- Mental Health Concerns
- Spread of misinformation and fake news
- Cyberbullying and online harassment
- Privacy and security issues
- Reduced productivity and distraction
- Domination Culture
- Anxiety
- Social Depersonalization
- Depression

## **LAWS TO PREVENT CYBER BULLYING**

1. RA 10627 (Anti-Bullying Act of 2013)
2. Cybercrime Prevention Act (RA 10175)
3. Revise Penal Code (RPC)

## **HOW TO BREAK THE CYCLE OF FO-MO (Fear of missing out)?**

- Develop an attitude of gratitude
- Join communities or groups who enjoy similar interests
- Keep a personal journal
- Root for private approvals and affirmation
- Create real connections
- Shift your mindset
- Limit social media exposure
- Prioritize real life connection
- Develop self-awareness
- Set clear priorities
- Mindfulness and self care