



HOW TECHNOLOGY AFFECTS PEOPLE

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Technology Use

- "Over 5 billion people around the world use the Internet, with over 4.5 billion using social media (asanet)".
- The age group of people using internet and social media the most are teenagers and young/middle aged adults.
- We use technology every day whether you are inside all day watching TV or on your phone or if you go to the store using your car.
- "The lowest proportion of use is seen among older adults, with 75 percent of community-dwelling older adults aged 65 and older in the United States using the Internet compared to 99 percent of individuals aged 18–29, with even fewer older adults using social media (only 45 percent) (asanet)".
- We use technology for communication, entertainment, education, healthcare, transportation, and a lot more.

Technology is Addicted

- <https://www.youtube.com/watch?v=NUMa0QkPzns>

Mental Health In Kids, Teenagers, and Young Adults

- Kids, Teenager, and Young Adults are using technology constantly, whether that be social media, school, or for work.
- When it comes to social media it tends to have its pros and cons.
- Social media shows the lives of our favorite celebrities and influencers, and it looks like the perfect life, but in reality, it's not all that perfect.
- Celebrities and influencers make sure that their lives look perfect, they are happy, they have money, and all of those things. Which from their audience point of view makes them feel like their lives are not that good.
- An example on how social media gets into our heads is "Inducing anxiety because someone hasn't replied quickly enough to your WhatsApp or text message, or constantly checking your social media feeds to see how many likes your last post received (kaspersky)."

Social Media and Body Image

- "Social media platforms often feature images of people with seemingly perfect faces and bodies, often using filters and photo editing tools to enhance their appearance (psychcentral)."
- When people see these posts, they tend to get insecure about the way they look and want to look like said celebrity or influencers.
- It starts off with body dysmorphia "People living with BDD are typically preoccupied with at least one nonexistent or slight defect in their physical appearance, and experience repetitive and compulsive behaviors around their appearance, such as mirror checking and reassurance seeking (psychcentral)".
- Having body dysmorphia can turn into having an eating disorder such as anorexia or bulimia.

Social Media and Cyberbullying

- "A 2018 Pew Research Center survey found that 59% of U.S. teens have personally experienced cyberbullying (psychcentral)".
- Cyberbullying consists of making fun of the way someone looks, their body, how they act, or starting false rumors about them.
- Cyberbullying can cause people to develop mental disorders such as anxiety and depression.

Social Media and Self Image Video

- <https://www.youtube.com/watch?v=C9N6k3nfwao>

Social Media and Physical Health

- We tend to look down at our gadgets when we are using them which cause a strain on the neck and the back.
- When looking straight on at our electronics we still tend to have bad posture which causes back pain.
- "As well as back pain from computer use, often caused by poor gaming posture or computer posture, there have also been reports of "selfie elbow" or "texting thumb" caused by technology overuse (kaspersky)".
- Looking at screens for a long period of time isn't very good for our eyes because of the blue light and could cause headaches, dry eyes, and eye strain.
- It also affects our sleep "This is because the so-called blue light from devices can lead to heightened alertness and disrupt your body clock (kaspersky)."
- Another thing is how technology makes us more physically unactive which is not good for our overall health.
- "For example, according to one study, 38% of parents worried that their children weren't getting enough physical exercise due to excessive screen time (kaspersky)."

The Positives Technology

- Although social media was a negative it honestly brings many positives as well such as communication and entertainment.
- Technology was the reason social media could be created but it's not technology's fault that people are being negatively affected by it, that's our fault as humans.
- Technology as improved our healthcare immensely and without the development of technology that we had, we would not be to cure as many illnesses or help people to a certain extent.
- The Internet is something that we use everyday and would not be in the state we are now without it.
- We use the internet for school, work, entertainment, shopping, and a lot more and without the internet life would be a lot harder.
- Even without everyday appliances like fridges, heaters, conditioning, showers, and much more we would be living a very different life then the one we are living now.

Overall

- Overall technology does come with its pros and its cons, but when you look deeper the only reason, we have cons is our faults as human beings. Technology has given us so much in today's world to the point that if we go without it, we would be living a completely different life and that life would not be very good. As long as we learn as a community on how to use technology correctly then we would be fine.

Digital Wellbeing video

- https://www.youtube.com/watch?v=L7rB_lwlh8M

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