



Social Media and Me

By: Maria Kapitanenko

How have social media platforms changed the way we consume and understand information?

Often when we are using social media, we come across fake and satirical information. . This false information can be be very misleading , and creates an urge to look for more information which can satisfy our confusion and answer our questions. This type of confusion on social media can addict us. When using social media, we must use our own knowledge and common sense to not spread misinformation and believe everything we see online



What value do you get from online social interactions? How is social media and social capital helping to form youth culture?

Social media has its advantages and disadvantages. Using social media helps youth be more connected than ever which helps to create more diversity in youth culture. But we sometimes can become too invested in our social currency and question why others have/do things we don't. This obsession with social currency can cause anxiety, depression, lower self esteem, and stress. I mainly use social media for communication and staying connected with my friends and family.



Social interactions in the Black mirror clips

In black mirror, everything revolves around social status (points). The more points you have , you will receive a more positive interaction from others. You are rewarded with points by others for every kind act you do. This is similar to the real world when we use social media. We frequently assume we will be treated differently based on how many followers or likes (points) we have on social media. We assume we will be more liked and popular if we have more followers or likes, just like in black mirror where the characters are desperate to be liked by others. We should not use social status as a motivation for being nice and polite, we should do it out of kindness.





Bibliography

- Horgan, Colin. “Confusion Is the Point.”
Medium, 16 Oct. 2019, <https://gen.medium.com/the-confusion-is-the-point-6ab1d5a933aa>.
- *YouTube*. https://www.youtube.com/watch?v=Czg_9C7gw0o. Accessed 20 Jan. 2020.
- *YouTube*. <https://www.youtube.com/watch?v=4hK4fG3rcHA>. Accessed 20 Jan. 2020.
- *YouTube*. <https://www.youtube.com/watch?v=tyUi6-Opzzw>. Accessed 20 Jan. 2020.
- *SocialMediaandMentalHealth-GoogleSearch*. https://www.google.com/search?q=social+media+and+mental+health&safe=strict&rlz=1C1LENP_enCA786CA787&sxsrf=ACYBGNSxSxjTifbo9uLomorfH8ekJbbg:1579478954509&source=Inms&tbm=isch&sa=X&ved=2ahUKEwid043Q8ZDnAhXWup4KHTnDC9IQ_AUoAnoECA8QBA&biw=1600&bih=708#imgrc=qGbgrnRFvzaCuM:Accessed 22 Jan. 2020.



Bibliography (continued)

- *BlackMirrorSocialMediaEpisode-GoogleSearch*.https://www.google.com/search?q=black+mirror+social+media+episode&safe=strict&rlz=1C1LENP_enCA786CA787&sxsrf=ACYBGNQGnRwNO6T9zF_CIM_R52nXvrDAGw:1579759208134&source=Inms&tbm=isch&sa=X&ved=2ahUKEwixtLnThZnnAhVHj54KHShrCVYQ_AUoAXoECBAQAw&biw=1600&bih=757#imgrc=yNBNF7RPT2x_5M: Accessed 23 Jan. 2020.
- *SocialMediaandMentalHealth-GoogleSearch*.https://www.google.com/search?q=social+media+and+m+ental+health&safe=strict&rlz=1C1LENP_enCA786CA787&sxsrf=ACYBGNReQHIfpcEiDyJR5MG4a1INgfcXLA:1579480937086&source=Inms&tbm=isch&sa=X&ved=2ahUKEwjOv7yB-ZDnAhVLqp4KHaZzDtOQ_AUoAnoECA8QBA&biw=1600&bih=708#imgrc=06pLAjEK08d7ZM: Accessed 22 Jan. 2020.