11. Social media prompt sheet

Positives

Connection - Social media platforms have made it easier for people to stay connected with friends and family, especially over long distances or during times when physical meetings are not possible, such as during the COVID-19 pandemic.

Reconnection - Platforms like Facebook and Friends Reunited have enabled people to reconnect with old friends and acquaintances, strengthening social bonds.

Support networks - Social media provides a platform for creating and participating in support groups, fostering a sense of community, and offering emotional support to individuals going through similar experiences, such as health challenges or life transitions.

Romantic relationships - Dating apps and social media platforms have facilitated the formation of romantic relationships, allowing people to meet potential partners outside of their immediate social circles and in different areas of the country or world.

Negatives

Social comparison – People often present idealised versions of their lives on social media. When others view this, they may make comparisons with their own lives and feel inadequate or jealous which can impact on their self-esteem and wellbeing.

Miscommunication - The lack of nonverbal cues in online communication can lead to misunderstandings and misinterpretations, potentially causing conflicts or strain in relationships.

Privacy concerns - The sharing of personal information on social media platforms can raise privacy concerns, especially in cases of data breaches or misuse of personal information.

Distraction - Excessive use of social media can detract from face-to-face interactions and quality time spent with loved ones, leading to feelings of disconnect and isolation within relationships.

Infidelity - Social media provides opportunities for communication and connections outside of committed relationships, potentially contributing to infidelity and trust issues.

Cyberbullying - Social media platforms can be used as a tool for cyberbullying, which can have serious consequences for individuals' mental health and well-being, as well as their relationships with others.

Exploitation – Some people use social media platforms for illegal activity, hiding their true identity in order to befriend and abuse children and vulnerable adults.