

A Social Awareness booklet
on
Social Media Addiction



Created by Spandana & Shreya
For INKLINK CHARITABLE TRUST

www.inklinktrust.org

What is social media addiction?

It is the act of being overly concerned about social media that more time and effort is put towards **social media** than other things in life.

This **booklet** will focus on the harmful effects of social media addiction

Such as :

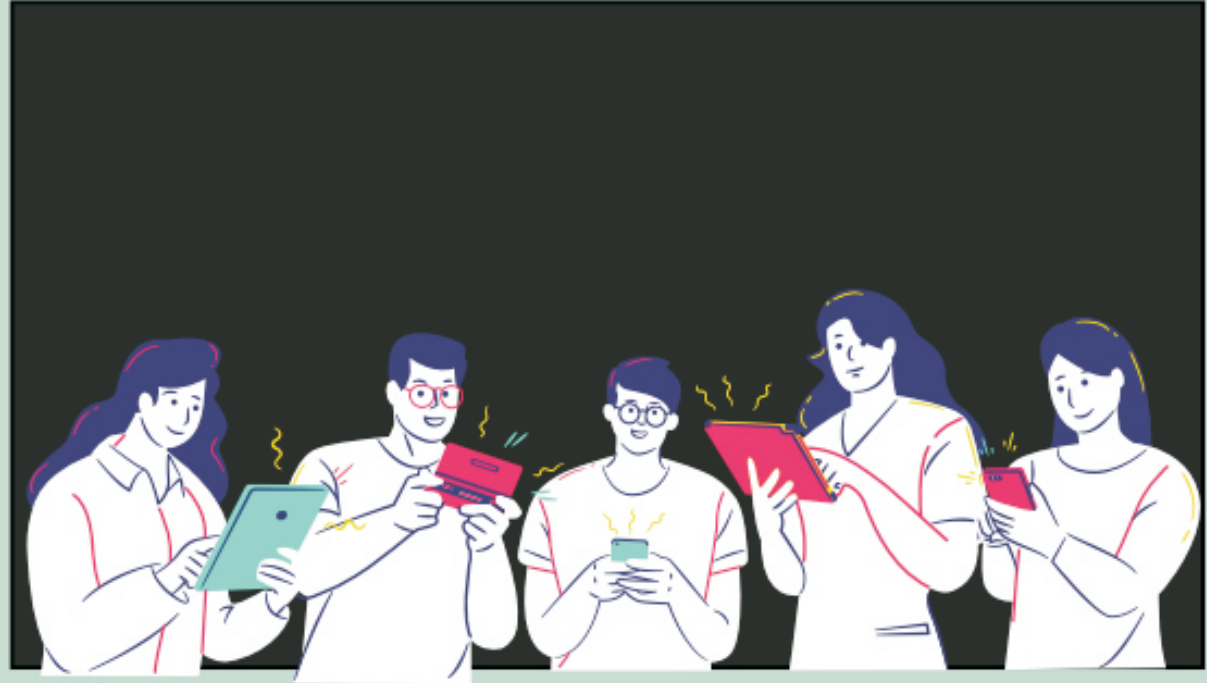
- Distraction
- lack of sleep
- Bullying / Harassment
- Peer pressure



The use of social media has a huge impact on society whether that be positive or negative.

That is why it is important to always check how long you're using your electronics and make sure you get some fresh air and take breaks.

Distraction



Distraction:

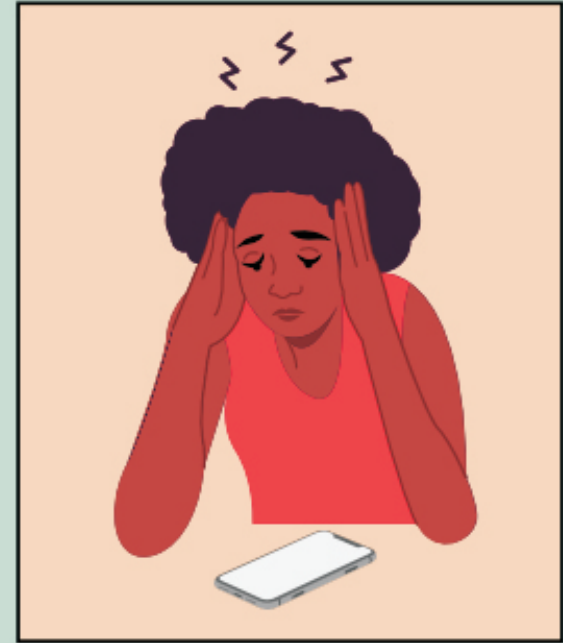
People of various ages and backgrounds have access to social media, therefore a variety of content is prepared to keep the user hooked for as long as possible.

This could be a dangerous spiral if one does not have control over themselves, as this could lead to; Missing out on real life experiences, losing touch with people, loss of sense of direction in terms of goals, etc.

This is why it is important to take breaks, go on walks, get some fresh air and interact with other people in-person during the day.



Insomnia



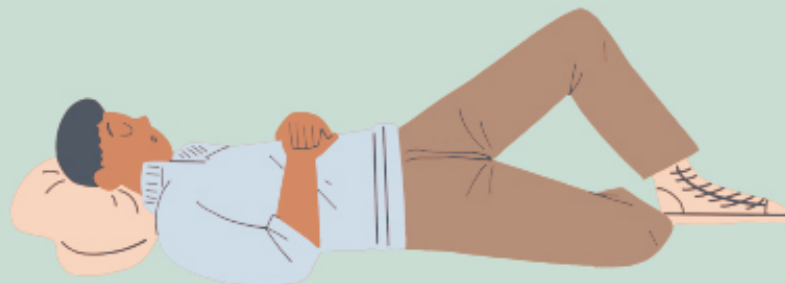
Insomnia:

People usually use social media as an escape from reality, but often this causes harm.

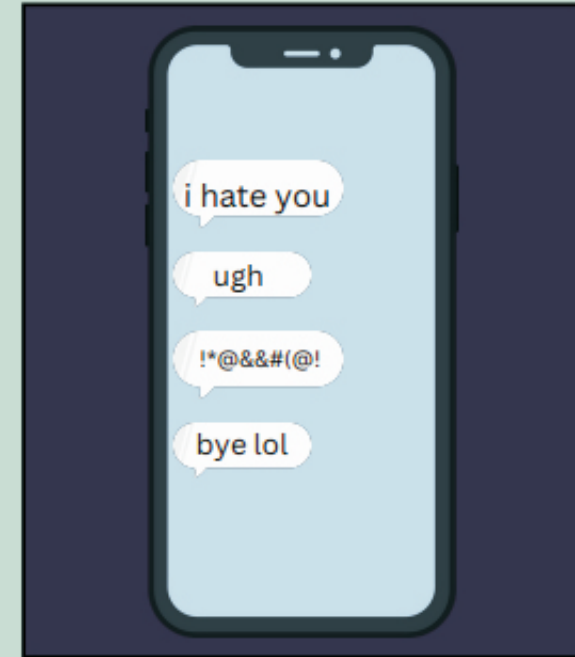
It has been proven that people who use their phones between the hours of **12 am - 4 am** have higher rates of anxiety, depression and sleep disorders.

The blue light that the mobile phone emits is sharp during the night. It affects your vision and also the production of melatonin hormone, which is responsible for sleep.

This is why it is advised to be off your phone for at least 30 minutes before going to sleep and after waking up. This will help regulate sleep patterns.



Bullying / Harrasment



Bullying / Harassment:



The things we say can have a huge impact on people's lives. That is why we must be careful about what we say to whom.

In India, **85%** of kids experience cyberbullying. One of the **highest rates in the world**. A lot of people tend to bully online as it can seem easy to hide from. But there are still actions that can be taken.

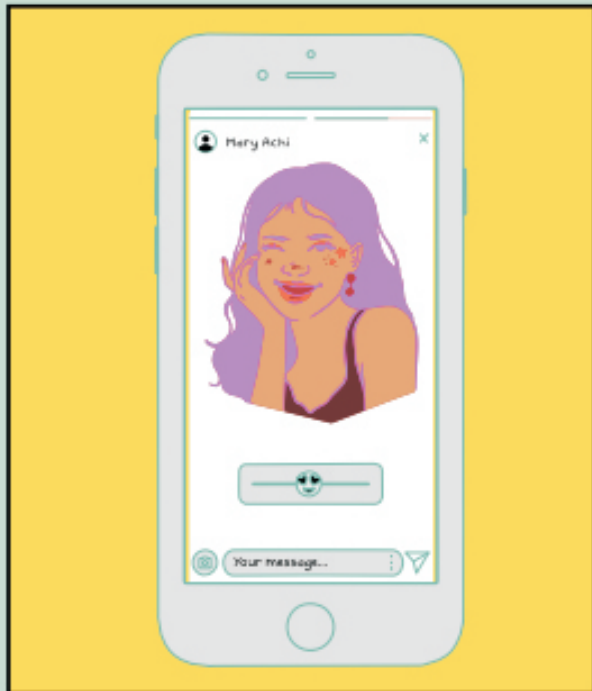
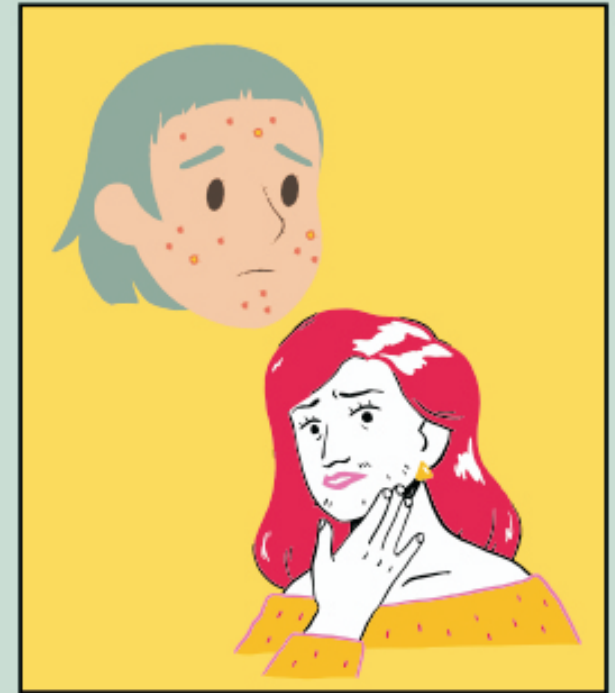
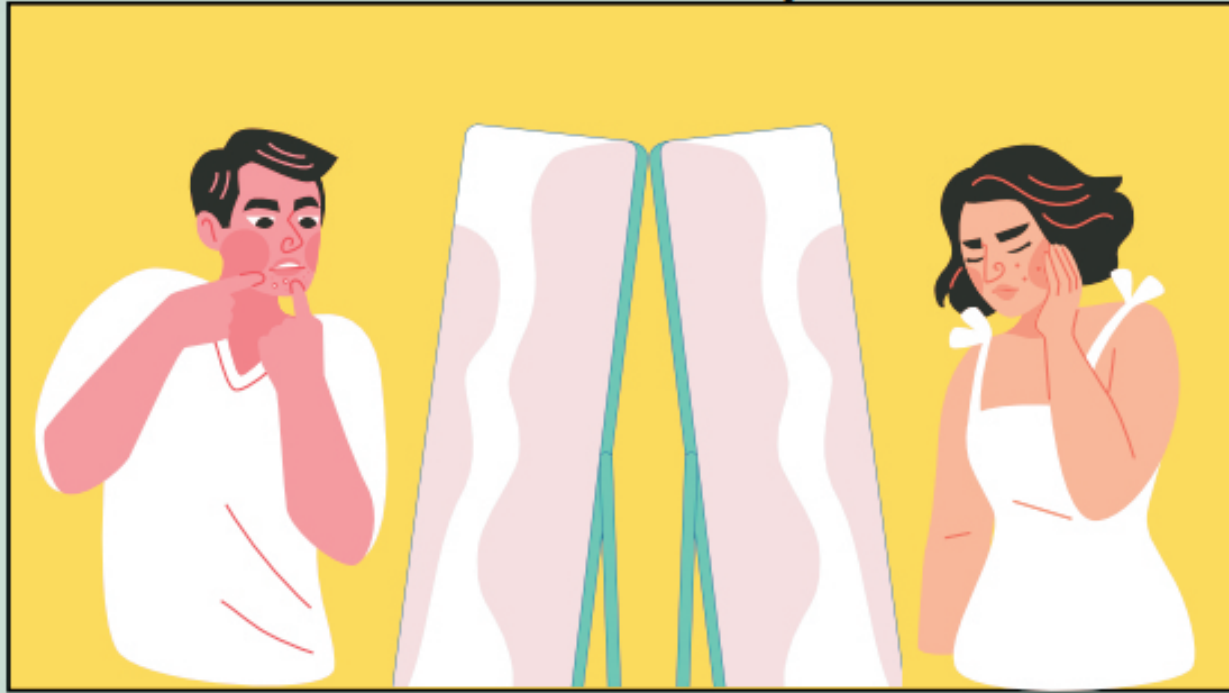
If anyone has been mean / insulted you online be sure to talk to someone about it like a teacher or parent.

The internet can be an unsafe place if not used properly. If you are below the age of 18, be sure to not allow adult content.

If someone **is** bothering you online, firstly do not fight back. Creating a nasty response in anger could make the situation worse.

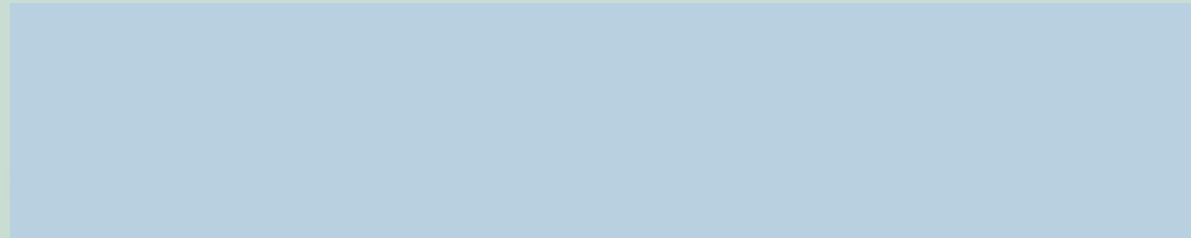
If needed block/report the bully too.

Peer pressure





Peer pressure :



Social media can be fake and unrealistic.

New editing apps can change your appearance completely to adapt to the "set beauty standards".

But you must know that beauty standards change, and you **DO NOT** have to follow them.

Influence from the wrong friends can also be a big problem. It can lead you to make wrong decisions and harm your habits.

As long as you are not harming anybody, you should do what you want. Look how you want.



At the end of the day, love yourself and be yourself.

Do not discriminate / bully people because of the way they look.
Everyone is unique.

Use the internet in a safe way and keep your habits healthy.

Phones / Tv's / Ipad's can be fun to use but you must remember to take care
of your mind, body, and health.

Play outside, get fresh air, have a proper sleep schedule, eat healthy.

Have goals and aims in life and strive to achieve them **WITH THE HELP** of
social media. Do not let social media ruin your goals and aims.





InkLink Charitable trust is

- * Spreading awareness through art & creativity
- *Working on education, environment & sustainability
- *Working with downtrodden children & women since 2012

Created by Spandana & Shreya, mentored by Shaswati Sengupta. Spandana & Shreya are young creatives & currently studying at 11th & 12th grade in Beyond8 International school. This awareness booklet has been made under InkLink's art internship program ,named "Children for Children".