

of games. Many people also use it to follow their favourite teams and athletes, so they can get updates of games and replays of their favourite moments in games. However, sometimes it can have negative effects.

When you think of sports your head probably doesn't go straight to social media, many people would probably say that they aren't even related, in a particular article they say: "The social media tools have impacted the sports from many different ways, such as communications and sports marketing." In addition to that, I am going to bring your attention back to how there are still some negatives of social media in sports. To learn more about how social media affects sports, I contacted a hockey coach asking about phones and social media: he said " Social media has a great impact on teams because it's a way to contact the players, but a lot of the time it is used to talk bad about other teams. We also need to take phones away in the dressing room so kids won't take inappropriate pictures, there are such easy ways to take photos and post things now that it can be problematic." For example, bad contents can be spread way quicker than before, players have no idea of using social media appropriately and negative comments from fans could affect the performance of the athletes or the team. As when I had reached out to the same hockey coach and how he had talked about taking phones away, he had also added " it may sound childish for us as coaches and parents to have to take phones away from kids that should be responsible enough to know how to handle their own social media and know what is appropriate and inappropriate, we once had an incident where this girl was being bullied and had photos of her being spread around which caused a lot of problems not only with her and her parents but me as a coach because I am responsible for what happens in the change room, sadly all of this happened because of how easy it is to get on social media and spread things." Although it may not seem like a problem in sports but cyberbullying is a big part of it and can cause a lot of problems, many people may not realize how easy it is to get cyberbullied especially because of how fast social media is growing, many kids now a days use it to talk to other kids but sometimes they can take it out of hand and say things that are unnecessary, as I was saying it happens a lot in sports teams because their either trying to "scare" or "talk smack" about other teams or even specific players on other teams which can cause problems down the road especially if they have to play each other later in the season. Ultimately there are many different aspects that you could go into with this topic but I have decided to point out a few that really stood out to me and really shows a different side of how social media can affect not only school kids but also professionals in sports.

Social Media and Relationships by Jessica Aitchison



The idea of social media affecting relationships can be very controversial. Regarding this topic, an argument has been informed whether or not the internet has improved our lives or had made it worse. Especially with the current year of young people, technology has become a huge part of our lives. Many people are on it throughout the day 24/7. If you're one of those people, do you think that it mainly has negative effects or positive effects? Do you think that it has totally ruined the lives of our youth or made a great impact?

Social media can make one stay connected with friends all the time. However, it can cause people to have a lesser face to face connection. It is said that people who meet face to face (in real life) their relationship will last longer than those who meet on the internet. People could become constantly 'hooked' onto social media rather than actually spending time with each other. People can make fake profiles, post incorrect information about themselves, manipulate facts and exaggerate the truth (also catfishing). It's easier for individuals to have a confrontation over social media compared to face to face. Why would others find it easier to talk online rather than in person? Introverts are preferably the ones to choose to text over talking in person. This is because they have difficulty in vocalizing their thoughts. Some fear of public speaking. Studies show that it's easier to think before texting than to think before speaking. Since facial expressions and body language play a huge role in communication, some say that texting doesn't do the same justice. It is sometimes asked, "If they didn't post about it, did it really happen?" People rely so much on checking on others 'social media' to see what they're doing.

Social media communication isn't necessarily all negative. It can also put on a positive impact on relationships. With long distance, it can help those by still keeping them communicated through online sources. A benefit of social media can include that it is a lot quicker than trying to find a book for finding sources you need. After conducting a survey on teens asking what they thought of the overall generalization of social media and relationships, the outreach resulted in 84% of teens having the opinion that it helps improve friendships by keeping them close and staying in touch. The other 16% have the opinion that social media is wrecking relationships completely.

Generally, since all of our lives revolve on social media, we as a generation depend solely on it. No matter how much it improves or damages our lives, teenagers will always continue to use it. Especially with relationships and everyone being so attached to the network, the daily need to check what's on there or refreshing to see new updates can decrease your interaction with others around you.

Social Media and Body Image by Nadine Axibal



With social media being a part of many adolescents' daily lives, constantly looking at influencers and celebrities with clear faces and perfect bodies can definitely have a huge toll on how we view ourselves and our physiques. With a plethora of these influencers occupying social media sites, (such as Instagram Facebook, Twitter, etc.), we question ourselves as to why we don't look as "attractive" as these influencers that we see online. Social media affects our body image; it puts the majority of our value into likes and comments, causes us to compare ourselves to others, and creates an unrealistic expectation of how we are supposed to look.



If you're a follower of celebrities or models, you'll know how many likes, comments, and followers, a social media influencer can have. Because of these numerous likes and followers, it has been associated with our attractiveness and seen as some sort of rank system. This is because all of these influencers, especially Instagram models, are popular for their looks and make a living off of it. In an article about how the use of social media affects our body confidence, they mention an interview with a fashion designer, Emily Bryngelson who, "admitted to struggling with an eating disorder as a teenager, revealed that she deletes selfies if she doesn't receive enough "likes". If one doesn't get the

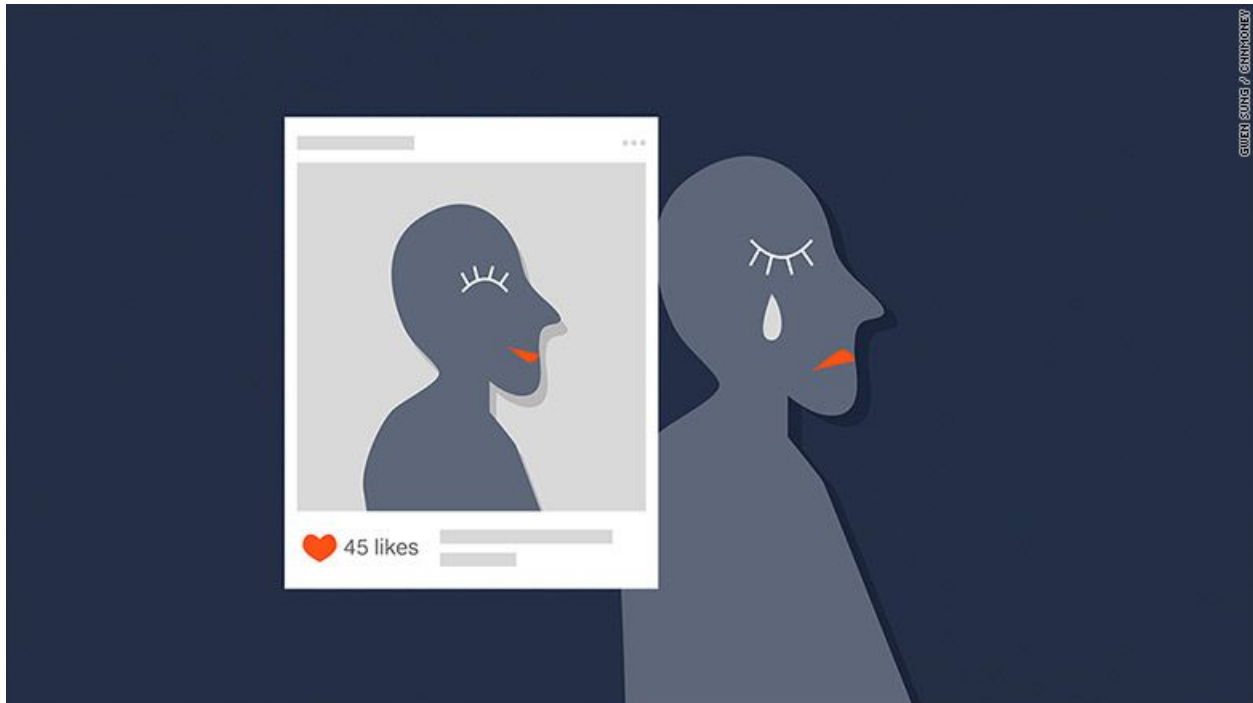
amount of likes they wanted on a post, they can feel that they aren't attractive enough. Another effect of social media is that it causes us to compare ourselves to others. As we admire these people, we evaluate ourselves more and devalue our appearance. In a study about how social media affects women's body image, it was said that, "When we compare ourselves [with] other people, that has the potential to affect the valuation of ourselves,". We can unknowingly degrade ourselves using social media and damage our body image. Lastly, not only does social media cause us to put some of our value into the number of likes and comments we receive, and to compare ourselves and others, but it also creates an unrealistic expectation of how we're supposed to look. All media, not social media alone, has created an ideal body type of thin, curvy body for women or a strong and muscular body for men. In an article by *Time*, it's said that, "psychologists found robust cross-cultural evidence linking social media use to... a drive for thinness and self-objectification in adolescents.". Social media has caused us to believe that the average woman or man usually looks this way. However, in reality, there is photoshop, hours of preparation, dieting, makeup, or other means to look that way for a single picture. Overall, social media can be a good outlet to share your favorite pictures and moments but it can also be a toxic place where our body image gets frail.

To look further into the subject, I asked some peers how they felt about their appearance and if they feel a connection between their body image and social media. One female peer felt somewhat satisfied with their body, saying, "Yes there's definitely a connection between social media and body image...when you scroll through Instagram and see these models...you see what you're not." We tend to compare ourselves and desire to be something we're not when we look at these influencers which shows a fairly clear connection between social media and our body image. After asking another female peer about her body image and what she thinks about social media and if it's connected to how she feels about her appearance, she said, " [She] feels good about [her] appearance. [But, she believes] that there is a connection between social media and body image because when magazines are filled with "perfect" people, you ask yourself why you don't look that way." Once again, we compare ourselves to unrealistic expectations of an average body when using these platforms. So far, I've talked about my female peers, but when talking to my male peer, he said, "In some cases [he feels] satisfied with [his] appearance and yes, social media does have its effect because it lets people down and gives them different ideas in a way and makes it seem like we have to look that specific way." We create these idealistic bodies and faces in our mind and can refer ourselves to those ideals and wonder why we're different. Overall, whether one feels satisfied or unsatisfied with their look, we, as teenagers, can agree that there is a connection between social media and how we see ourselves.

As social media affects our body image, it comes with many impacts on teens' mental health as well. With eating disorders, depression, anxiety, sleep deprivation

and more, these mental health issues can be related to the effects of social media on our body image.

Social Media and Mental Health by Elisha Servano



Social media is a powerful platform that has been put into the earth's existence. And it for sure has positive effects and negative effects on mental health. Social media is the biggest contenders to the social life of teenagers these days, hence why this era of teenagers is known as “Screenagers.” But what are the differences between two teenagers who enjoy social media and the ones who don’t? There are many effects to the brain that social media has done, especially on teenagers mental health. And it’s no doubt that there are a lot of negatives and some positives as well.

A poll was made for teenagers to give their feedback on how social media makes them feel, either good or bad. Good being social media makes them feel happy, inspired, and proud. Bad being sad, uninspired, and disappointed. The results say that 57% of teenagers felt good about social media, while the other 43% felt bad about it. This shows that social media has an effect on teenagers. I have decided to host an interview with two of my peers, one who voted good and the other voted bad. The one who voted good expressed how “social media is their way of expressing who they are as a person, and is their platform to share their creativity with the world and as well as using it as a way to communicate.” They also mentioned how social

media is “a wonderful platform for them to be able to rant and get things off their chest that has been keeping them down.” While the other who voted bad said that social media is hell, saying that it is “filled with people who hide behind screens to degrade others and criticize without being known.” To elaborate on my peer who voted for bad, they also suffer from depression and anxiety, mainly because of the “pressure and standards that social media has placed on them.”

Not only did I host my own poll amongst my peers, but there has been a research survey conducted by Origin. It says *“The survey of more than 1,000 18- to 24-year-olds across America discovered a total of 41% are made to feel anxious, sad, or depressed by platforms like Facebook, Instagram, and Snapchat.”*

It is expressed by professionals that social media can be more harmful than uplifting to the mental health of teens and adults. It can cause issues such as depression, addiction, anxiety, sleep deprivation, insecurities, and so many more others. Especially since everybody nowadays posts their lives on Instagram and Facebook, it’s easier to compare your life to theirs. Although there may be more downsides to social media and mental health, it can also be uplifting because it’s a platform where adolescents feel inspired and supported by their *internet-friends*.

In conclusion, social media has a huge effect on all different aspects of our lives. The ones we listed regarding sports, relationships, mental health, and body image were just a few examples that we thought helped made that huge impact. Lots of people are able to relate since technology really does take over our lives. There are two sides to every story which relates to social media having two sides. Which refers to the positive and negative effects it has on an individual.

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