



Benefits and Harms of Social Media



By: Joanna Hanna & Mary Francis



**How many of
you are social
media users?**





5.04 Billion

social media users

62.3%

of the total global population

Impacts



Benefits of Social Media

Staying Connected

Easy communication across geographical barriers and time zones.



Access to News & Current Events

Instant updates of what is happening worldwide



Awareness

Safety and change



Continued...

Education & Knowledge

Easy communication across geographical barriers and time zones.



Opportunities

Helps with opportunities and making professional connections in the corporate world

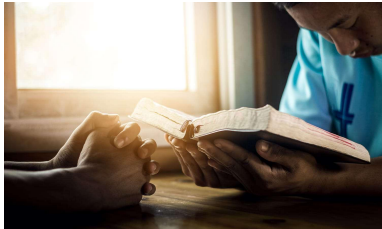


Harms of Social Media

https://youtu.be/Czg_9C7gw0o?si=SgxsZGnGPLYNiZSN. (3:38-7:48)

Negative Influences

- We are consistently viewing and listening to people that say things that go against what god says and this eventually influenced how we view the world
- We make bad decisions as a result of what we see, eventually these things can become a habit after being normalized



Limits the Time we Spend with God

- Social media tends to be very addicting
- Rather than spending our time building our relationship with God, praying etc.. we spend our time on social media viewing things that contradict God's actions and words



Contradict reality

- we tend to compare our lives to what we see on social media
- We look up to influences who don't always have the same values
- Constantly comparing our lives to others will just disappoint us and make us forget things that are really important
 - our success and relationship with God



Continued...

Puts us at risk

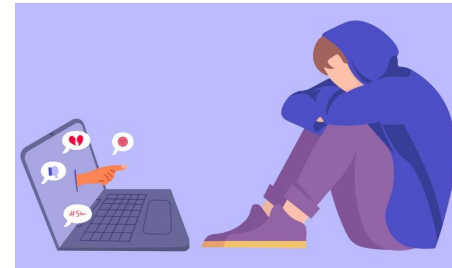
- Social media is unsafe in many ways
- Predators
- Identity theft
- Money theft



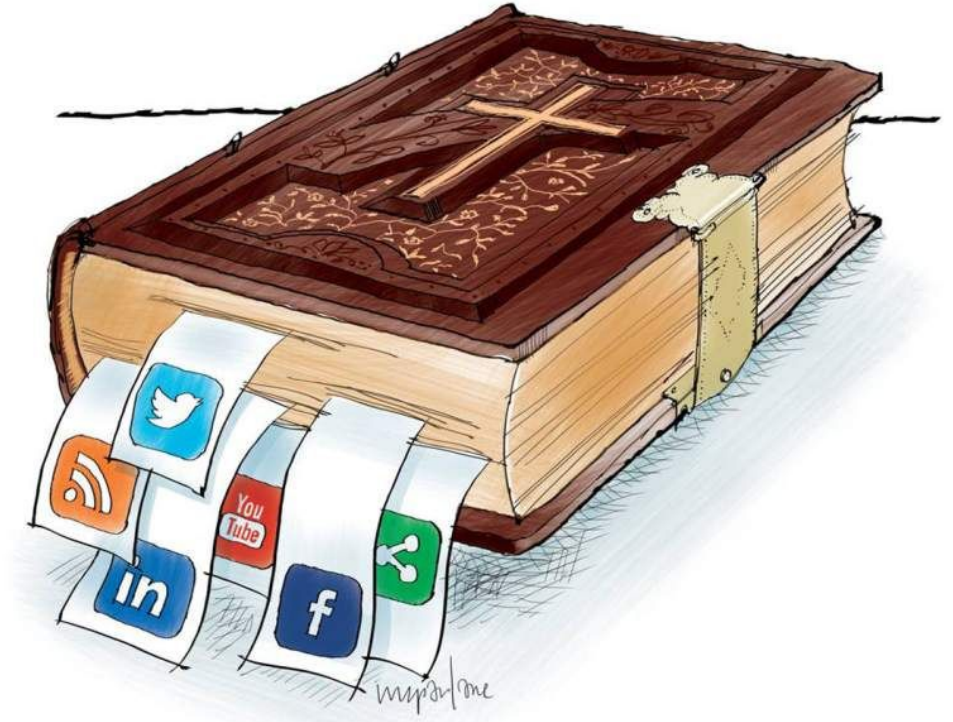
Cyber bullying

- Source of bullying
- harmful thoughts or make unsafe decisions
- Developing of serious mental health issues, make negative decisions or make them fall behind in school, look at themselves and the world at large negatively and feel unprotected

14.9% of adolescence have been cyberbullied and 13.6 of them have made a serious suicide attempt



**Now, let's
relate this to
God!**



01 Community Building

Connect with Coptic Orthodox believers worldwide for support and unity.

04 Evangelism

Spread Coptic Orthodox beliefs and traditions to a wider audience.

02 Access to Resources

Follow Coptic Orthodox influencers and organizations for spiritual teachings and educational materials

05 Prayer and Support

Request prayers and offer support within the Coptic Orthodox community.

03 Biblical Reflection



Share Coptic Orthodox prayers and reflections for personal spiritual growth.

06 Conclusions

Engage in online communities for mutual encouragement and accountability in faith practices.

01 **Distraction**



Excessive social media use can divert attention from prayer and spiritual practices.

02 **Negative Influence**



Exposure to inappropriate content can lead to moral compromises.

03 **Isolation**



Over reliance on social media can isolate individuals from real-life church communities.

04 **Misinformation**

False teachings on social media may distort Coptic Orthodox beliefs.

05 **Comparison & Envy**

Constant exposure to content can foster feelings of inadequacy.

06 **Conflict**

Social media debates may lead to division within the Coptic Christian community.



What Does God Say About this?

1 Corinthians 15:33 SURROUND YOURSELF WITH WHAT YOU WANT TO BE

Do not be deceived: "Bad company ruins good morals."

Matthew 6:22-23 BE CAREFUL OF WHAT YOU SEE

"The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, but if your eye is bad, your whole body will be full of darkness.

1 Corinthians 6:12 IF IT IS NOT HELPFUL IT IS NOT GOOD

"All things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be enslaved by anything.

Ephesians 5:15-16 SPEND YOUR TIME WISELY

"Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil."



How to Decrease Social Media Use

Acknowledge the Addiction



Delete Apps / Social Media Accounts
You Don't Use or Use too Much



Fill Up Your Time With Other
Things



Keep Your Phone Physically Away From You



1.



Turn Off All app-based Notifications

2.

3.



Power Off Your Phone When Studying

4.

5.



Use it as a Reward or Incentive

6.

7.



Keep Track of Time Spent Online



How to Make Social Media More Beneficial

Unfollow accounts with content that causes temptation and sin

Talk with likeminded people who make you happy and help you grow in Christ



Follow educational/beneficial accounts

Use social media as an opportunity to bring others to Christ!

Thank You For Listening!