



Benefits and Harms of Social Media

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How Many of You Use Social Media?



About 3.78 Billion People Use Social media

**What is
The
Impact?**



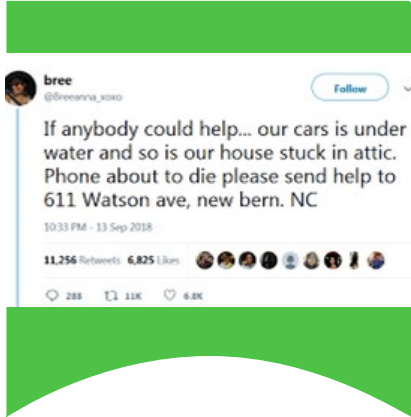
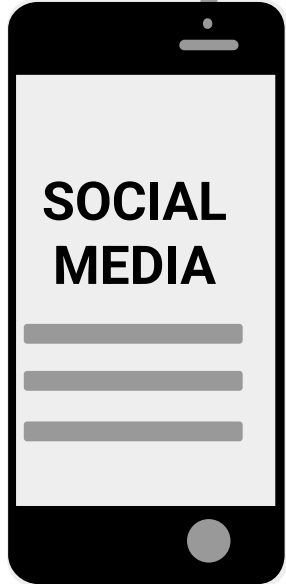
Benefits: Social Aspect

- Allows you to keep in touch with people
- Eases loneliness



- Speeds up communication

Other benefits



Safety

Promotes safety and saves lives in times of crises



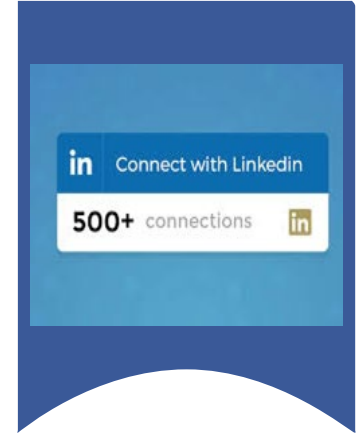
Change

Promotes social change



Educatio n

Sets you on your path as a lifelong learner



Opportunities

Helps with opportunities and making professional connections

What is Social Media Doing To You??

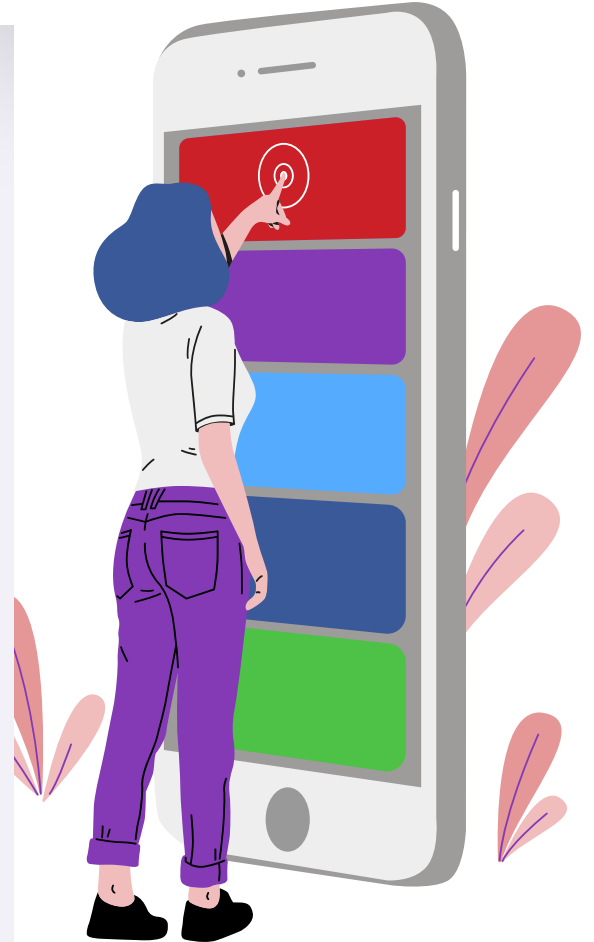
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Harms

1. WASTE OF TIME

- 2. It makes you less productive
- 3. Falling behind on tasks





BOTH

Time for a
#studentWIN

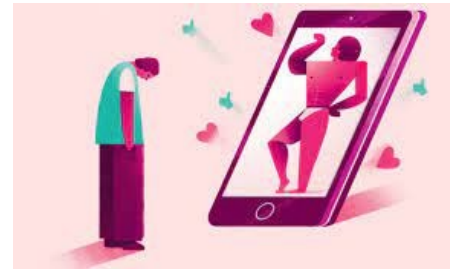
GET A FREE
CHEESEBURGER,
McFLURRY® ORIGINAL
OR MAYO CHICKEN:



- Influences you to live a healthier life
- Strengthens your existing relationships
- Spreads positivity
- Promotes body positivity



- Promotions of unhealthy food
- Increases breakups, cheating and weakens bonds
- Spreads negativity
- Triggers insecurities



What Does God Think?



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

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

Proverbs 6:27 - Can a man take fire in his bosom, and his clothes not be burned?

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."

GOD WARNS TO CHOOSE WISELY

How to Decrease Social Media Use

1. Acknowledge the addiction



How To Make Social Media More Beneficial

Unfollow accounts with
content that causes
temptation and sin

Follow educational/
beneficial accounts

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

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



What Happens When You Quit Social Media??

<https://youtu.be/yceVW-0uLsg>