

# WHAT PARENTS & GUARDIANS SHOULD KNOW ABOUT FACEBOOK

## What is Facebook "FB"

"FB" also known as Facebook, is the largest social network on the internet, with more than 800 million users world wide. Users all over connect with family, friends, colleagues to share information, pictures, videos etc. This social media platform allows users to network with other organizations, connect with current and former classmates and to promote and receive feedback within a social presence if one is built on this platform (Concordia, 2023).

## Why is Facebook Dangerous?

With the millions of users on Facebook, there is more "cons" to utilizing this social media platform for youth, than "pros". While this platform allows us to network and connect with others, this also allows users to create communities that create vulnerability to young teens and children. This creates the prime environment for cyberbullying, identity theft, catfishing, online predation, social isolation and simply wasting time (Hirsch, 2022).

## Stranger Danger

When creating a "FB" profile, many users may not realize that your profile is public. This allows the 800 million users, around the world to see your life, in real time, as you post.

Posting such things as "public" is simply just not safe, this allows predators, to know all your information such as email address, potential home town, your current school or job, or where your children attend (Tucker, 2021)

## Influencers

Influencers create their images and gain their profits, from persuading their fan base to purchase their products. Many of these fans spend on average four hours per day on multiple platforms, one of which is FB. Due to their attention being on their devices, versus reality, many have found themselves falling in the vicious cycle of craving unhealthy attention, and becoming more vulnerable from other users within their communities where they share the common interest of a similar influencer (Valentin, 2021).

## Peer Pressure & Social Isolation

According to a study conducted by RSPH, those who spent majority of their time on social media showed a 66% higher rate of depression, compared to those who did not spend time on their devices. Those who spend time on their devices are more likely to have experienced eating disorders, online bullying, crave unhealthy attention in person and on social media platforms, and display inappropriate behaviors via internet and in person due to being exposed to inappropriate content & receiving attention that they feel is appropriate by other peers (Valentin, 2021)