

1

SOCIAL MEDIA HAS BEEN A DOUBLE-EDGED SWORD IN MY LIFE! A SPACE OF CONNECTION AND EXPRESSION BUT ALSO A SOURCE OF ANXIETY AND SELF-DOUBT.

IT'S WHERE I BUILD RELATIONSHIPS, EXPRESS MY THOUGHTS, AND EXPLORE MY IDENTITY, YET IT'S ALSO WHERE I STRUGGLE WITH DISTRACTION, COMPARISON, AND INFORMATION OVERLOAD.



FRAMING MY DIGITAL SELF

SCROLLING THROUGH MY TIMELINE, I SEE FRAGMENTS
OF MY LIFE: PHOTOS, STATUS UPDATES, AND CURATED
POSTS THAT CREATE AN IMAGE OF ME THAT FEELS BOTH
REAL AND UNREAL. SOCIAL MEDIA HAS BECOME A
MIRROR, REFLECTING NOT JUST WHO I AM BUT WHO I
WANT TO BE.

DO WE SHAPE OUR
SOCIAL MEDIA
PRESENCE, OR
DOES IT SHAPE
US?

I HAVE CURATED MY
FEED TO REFLECT MY
INTERESTS, MY WORK,
AND MY JOYS, YET I
OFTEN WONDER! HOW
MUCH OF THIS IS
AUTHENTICITY, AND
HOW MUCH IS
PERFORMANCE?



MY MORNINGS START
WITH A QUICK GLANCE AT
MY PHONE.
NOTIFICATIONS,
MESSAGES. SOCIAL MEDIA
IS EMBEDDED IN MY
DAILY ROUTINES, FROM
STAYING CONNECTED
WITH DISTANT FRIENDS
TO FINDING INSPIRATION
FOR MY CREATIVE
PROJECTS.

BETWEE N CONNECTION AND OVERWHELM

SOCIAL MEDIA MAKES ME FEEL BOTH CONNECTED AND DISCONNECTED.





I CAN SHARE MY THOUGHTS WITH THE WORLD INSTANTLY. I'VE MET PEOPLE WITH SHARED INTERESTS, AND I'VE FOUND A VOICE IN DIGITAL SPACES.

THE NOISE, THE NOTIFICATIONS, THE ENDLESS NEED TO STAY UPDATED! IT'S EXHAUSTING. THE PRESSURE TO BE AVAILABLE, TO RESPOND, TO POST, IS A CYCLE THAT CAN FEEL INESCAPABLE.

HOW DO I CREATE
BOUNDARIES THAT
ALLOW ME TO ENJOY
THE BENEFITS WITHOUT
THE BURNOUT?







THICAL DILEMMAS IN the DIGITAL AG



AS I NAVIGATE SOCIAL MEDIA. I'VE BECOME MORE AWARE OF THE ETHICAL DILEMMAS IT PRESENTS:

DATA PRIVACY

WHO OWNS MY DIGITAL FOOTPRINT?

EVERY TIME I POST, LIKE, OR SEARCH, I LEAVE BEHIND A DIGITAL TRAIL. SOCIAL MEDIA PLATFORMS COLLECT MY DATA-WHAT I ENGAGE WITH, HOW LONG I STAY, AND EVEN WHAT I TYPE BUT DON'T POST.

CREEN TIME

AM I PRESENT IN MY REAL LIFE?

ACCESSIBILITY

WHO GETS LEFT OUT OF DIGITAL CONVERSATIONS?

I OFTEN CATCH MYSELF MINDLESSLY SCROLLING WHEN I SHOULD BE FOCUSING ON WORK, CONVERSATIONS, OR EVEN REST.

ALGORITHMS FAVOR CERTAIN VOICES WHILE SILENCING OTHERS, SHAPING WHAT PERSPECTIVES ARE HEARD.

TUTURE OF MY DIGITAL SELF

I MUST LEARN TO CONTROL RATHER THAN LET SOCIAL MEDIA CONTROL ME.

I ENVISION A FUTURE WHERE I USE TECHNOLOGY INTENTIONALLY, MINDFULLY, AND CREATIVELY.

THIS RAISES A BROADER QUESTION: CAN TECHNOLOGY EVER BE FULLY CONTROLLED, OR IS THE RELATIONSHIP ALWAYS SOMEWHAT RECIPROCAL, WITH DIGITAL PLATFORMS INFLUENCING EVEN THOSE WHO SEEK TO USE THEM MINDFULLY?



I ENVISION A HEALTHIER RELATIONSHIP WITH SOCIAL MEDIA BY USING IT MORE INTENTIONALLY, REDUCING SCREEN TIME, AND FOSTERING AUTHENTIC INTERACTIONS. INSTEAD OF MINDLESS SCROLLING, I WANT TO ENGAGE WITH CONTENT THAT ALIGNS WITH MY VALUES AND GOALS. SETTING BOUNDARIES, LIKE SCREEN-FREE HOURS, WILL HELP ME FOCUS ON MEANINGFUL ACTIVITIES. I ALSO WANT TO PRIORITIZE GENUINE CONVERSATIONS OVER PASSIVE CONSUMPTION, CREATING A MORE BALANCED AND FULFILLING DIGITAL EXPERIENCE.

HEALTHY RELATIONSHIP WITH SOCIAL MEDIA:

MORE CONSCIOUS ENGAGEMENT.

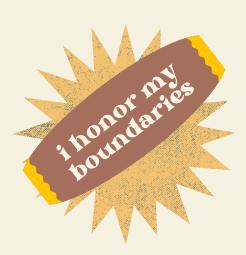
MORE TIME AWAY FROM SCREENS.

MORE SPACE FOR REAL, UNFILTERED SELF-EXPRESSION.











I'VE REALIZED THAT SOCIAL MEDIA IS NOT INHERENTLY GOOD OR BAD—IT'S HOW I USE IT THAT DEFINES MY EXPERIENCE.

MOVING FORWARD, I AIM TO BE MORE PRESENT, TO SET BOUNDARIES, AND TO ENGAGE WITH TECHNOLOGY IN WAYS THAT ENHANCE, RATHER THAN DETRACT FROM MY LIFE.



THANK YOU FOR READING! YOUR VOICE MATTERS!

WHAT'S YOUR RELATIONSHIP WITH TECHNOLOGY? DO YOU CONTROL IT, OR DOES IT CONTROL YOU? SHARE YOUR THOUGHTS IN THIS SPACE.

