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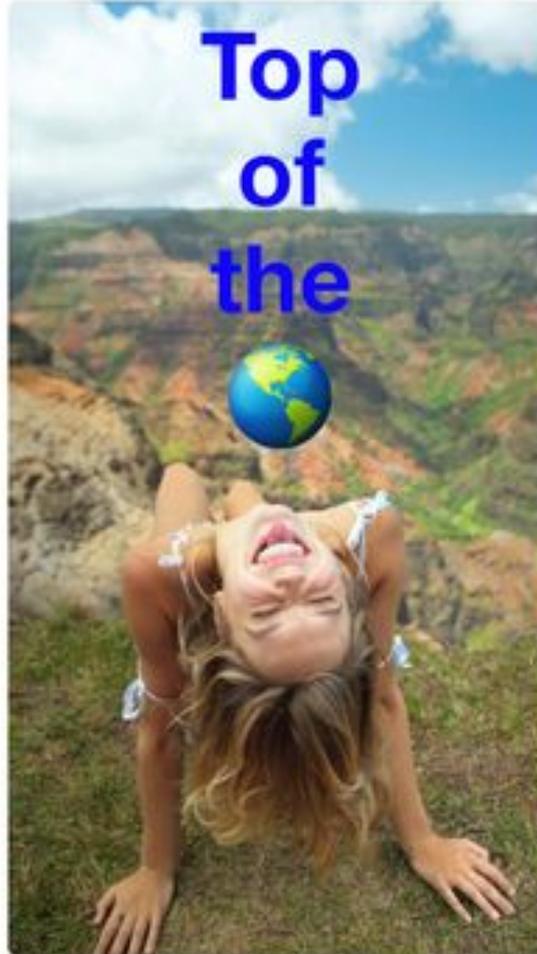


HAPPY

birthday
birthday
birthday

@rebecca.wright

Alexis
6 months ago



By @BaileyParnell





Jasmin Husain updated her profile picture.

September 26 at 7:48pm · 🌐

hi 🍷🍷🍷



👍 Like

💬 Comment

➦ Share

👍❤️ Maddy Falle, Nico Muniz and 336 others

View 12 more comments





Benjamin George Ochrym • 1st
Vice President, Middle Market Relationship Manager
1w



Congratulations are in order for the Wilmington Trust Structured Finance team. Good stuff!



Wilmington Trust
7,292 followers
1w

+ Follow

Congratulations to our Structured Finance team on winning "Securitization Trustee of the Year" for Wilmington Trust. The award was presented by GlobalCapital at their annual US Securitization Awards ceremony held ...see more



Wilmington Trust Honored as 'Securitization Trustee of the Year' by GlobalCapital



news.wilmingtontrust.com





#SAFESOCIAL

Social Media's Impact on Mental Health

@BaileyParnell



zoom

- Side-by-side mode.
- Hover over yourself and click “...” to rename yourself.
- Use reactions.



Go to pollev.com/skillscamp

When poll is active, respond at PolleEv.com/skillscamp

Text **SKILLSCAMP** to **37607** once to join

Hand to heart, are you wearing pyjamas right now?





What city and country are you joining us from?

" Vancouver, Canada - Rachel Tam "

" Tacoma, Washington "

" Mississauga, Canada - Rachel Bettencourt "

" Mississauga, Canada -Mark Popik "





1 Word Check-In: How Are You Feeling Today?



3 stressors

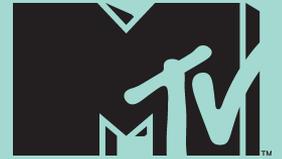
6 risks

5 steps forward



Citytv

MUCH



UCLA



UNIVERSITY OF
TORONTO

Seneca



skillscamp.co



#SAFESOCIAL

safesocialmedia.co



By @BaileyParnell





By @BaileyParnell



4-6...9? h

per day are spent on social media.

**WHAT'S
HAPPENING IN
THAT TIME?**



STRESSORS ON SOCIAL MEDIA



1

Highlight Reels



“We struggle with insecurity because we compare our behind-the-scenes with everyone else’s highlight reel.”

Steven Furtick

Pastor, Best-Selling Author and Speaker, North Carolina



Chris Hook is in  Santa Clara, California.



11 hrs ·  · 



Started new job at Intel

Yesterday — Discrete Graphics Marketing

Santa Clara, California



STRESSORS ON SOCIAL MEDIA



1

Highlight Reels

2

Social Currency





“Economy of Attention”

**In social media, WE
are the product.**

STRESSORS ON SOCIAL MEDIA



1

Highlight Reels

2

Social Currency

3

Harassment



40%

of online adults have experienced online harassment.



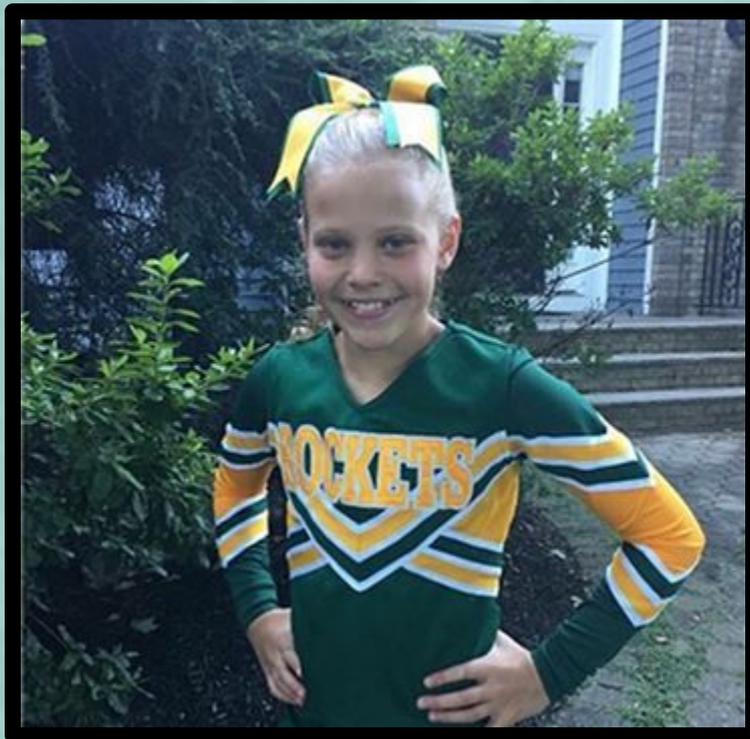
73%

have witnessed online harassment.



100%

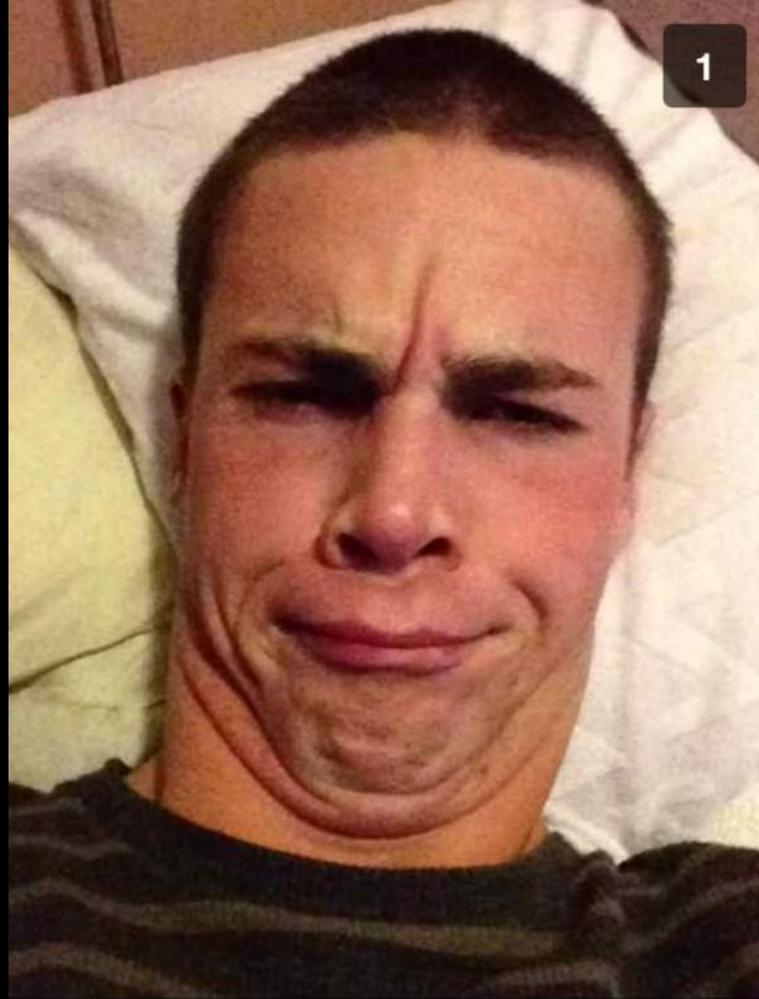
of the time, it is worse if you are female, LGBTQ, a person of colour.....



Mallory Grossman
12 Years Old



Anita Sarkeesian
First Attack: 2012



1



By @BaileyParnell

It's funny cuz it disappears



**Micro moments
over time become
a macro problem.**

**HOW CAN THIS
AFFECT YOU?**





1. DISTRACTED & LOSING PRODUCTIVITY

**Many of you have noticed
the notifications at the
top of my slides.**

**Many of you are bothered
they're not checked...**

**Many of you are bothered
they're not checked...**



2. SEDENTARY



3. LONELY

By @BaileyParnell

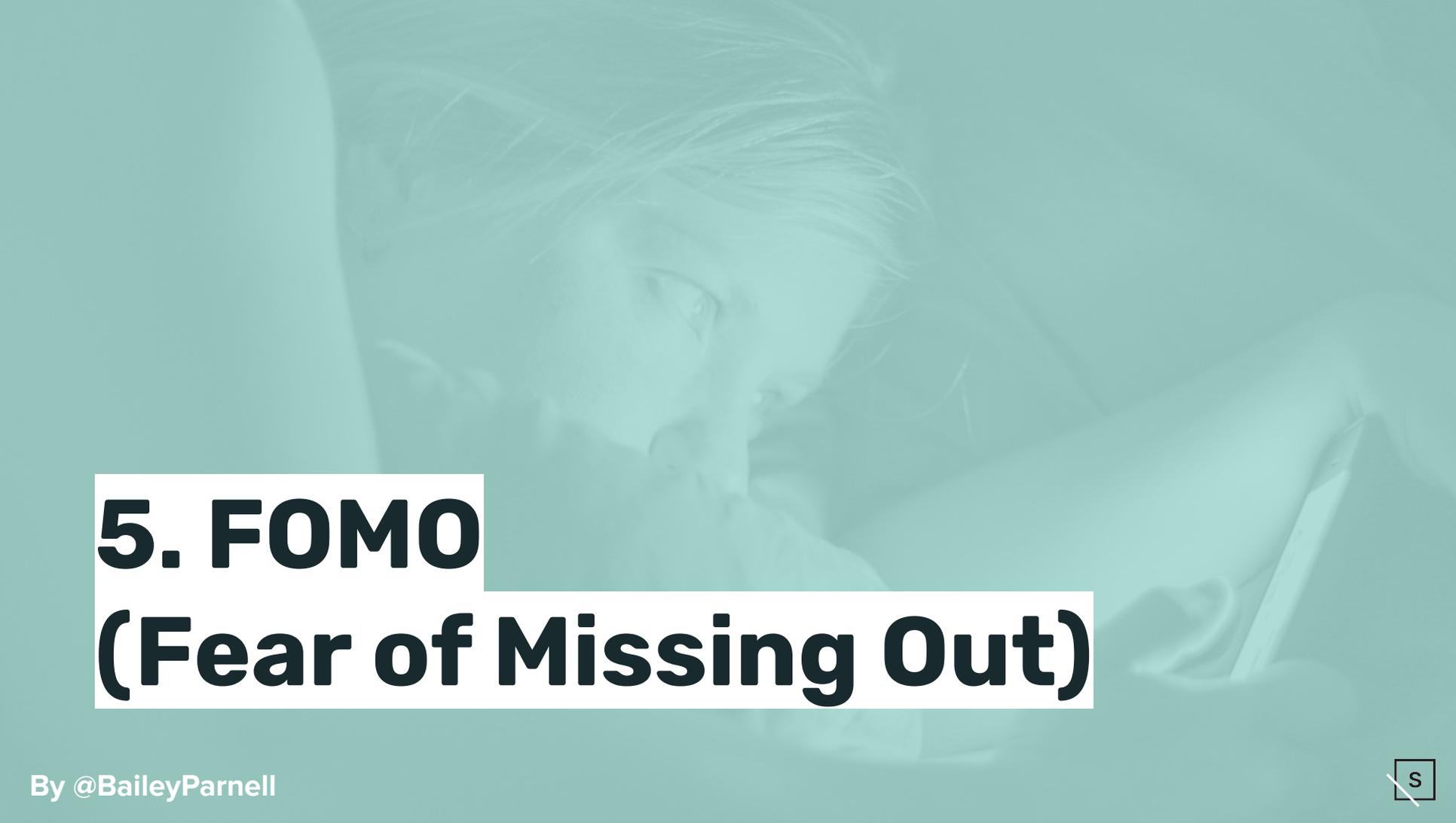




4. ANXIETY AND DEPRESSION

By @BaileyParnell



A person with long hair is looking down at a smartphone held in their hand. The entire image is overlaid with a semi-transparent teal color. The text is centered on the left side of the image.

5. FOMO (Fear of Missing Out)

By @BaileyParnell



A person is shown from the chest up, looking down at a smartphone held in their right hand. The image is heavily overlaid with a semi-transparent teal color. The main text is centered in a white box.

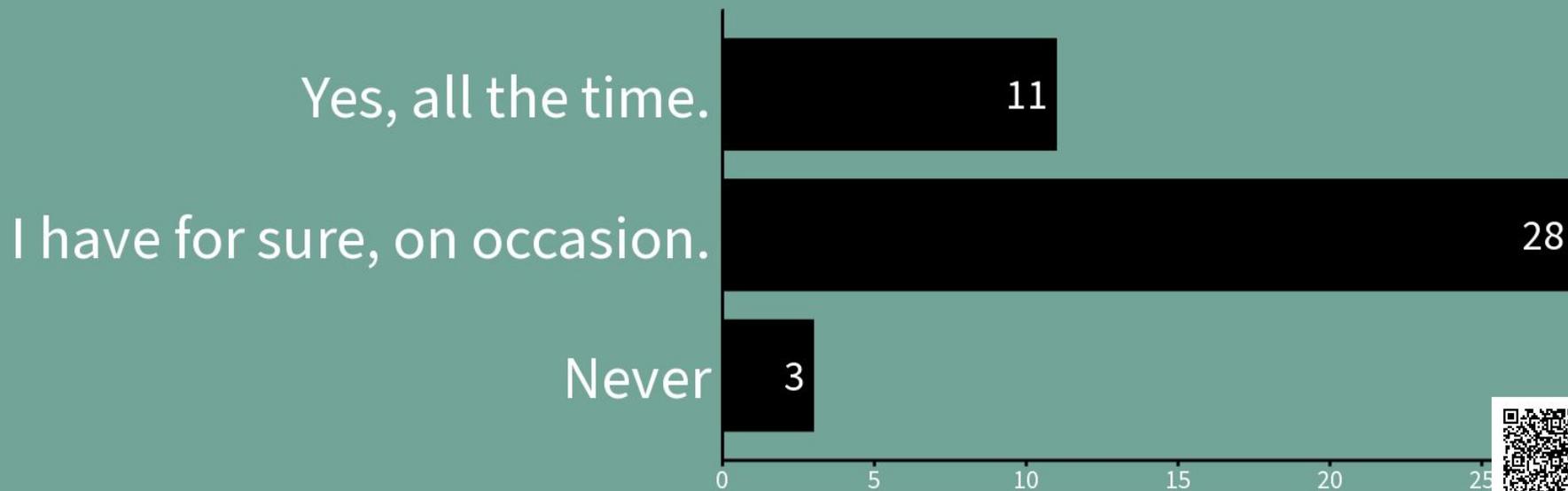
FOMO the biggest predictor of addiction.

By @BaileyParnell

*Beyond "Facebook Addiction": The Role of Cognitive-Related Factors and
Psychiatric Distress in Social Networking Site Addiction
Halley M. Pontes, Megan Taylor, and Vasileios Stavropoulos*

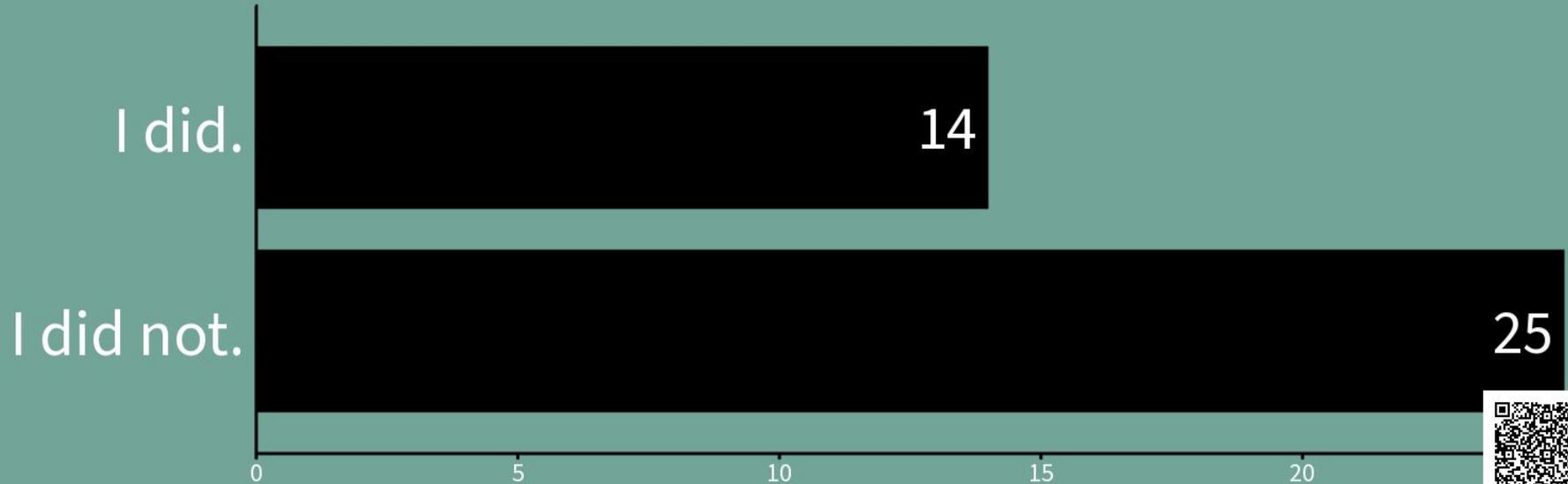


How many of you have considered deactivating your social media accounts?



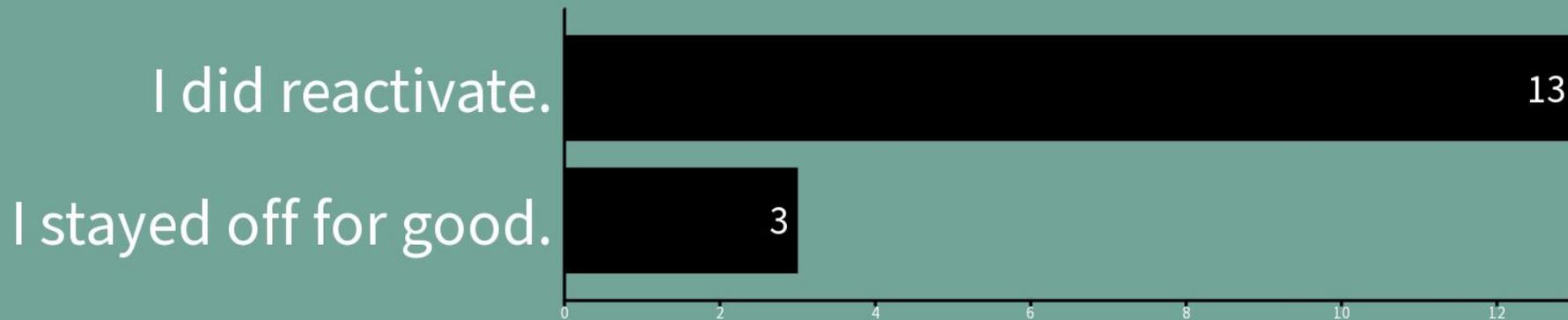


Of the people who said you have considered deactivating, how many of you actually did?





For those that did deactivate, did you reactivate?



6. ADDICTION

Psychological & Physical

#SAFESOCIAL

Are You Addicted to
Social Media?

6 RISKS OF SOCIAL MEDIA USE

1

Distracted
& Lost
Productivity

2

Sedentary

3

Loneliness

4

Anxiety &
Depression

5

FOMO

6

Addiction



What are you most prominent feelings when using social media?



HOW DO YOU FEEL AS A RESULT OF USING?

empty, dissatisfied

Jealousy, and comparing myself to other people

feeling like time is wasted

low self-esteem, envy, irritability

Exhaustion, a sense of being defeated, anxious

Discomfort, fear

happiness, indignant, bored, tired

Frustration at myself for wasting so much time!

Isolation, Jealousy

Exhaustion. Especially with the repetitive nature of things like police brutality. I feel helpless and hopeless.

Anxious, irritable, mentally exhausted

not being as good as others, like i am a total failure in life, inadequate, envy, feeling poor in terms of wealth, conscious about my physical being,

crying, hurt, irritation, embarrassed

regret, inferiority, jealousy, sadness, joy, connection, inspiration, doom, hope and hope-lessness, fear, honestly it's mostly the darker emotions

Anxious

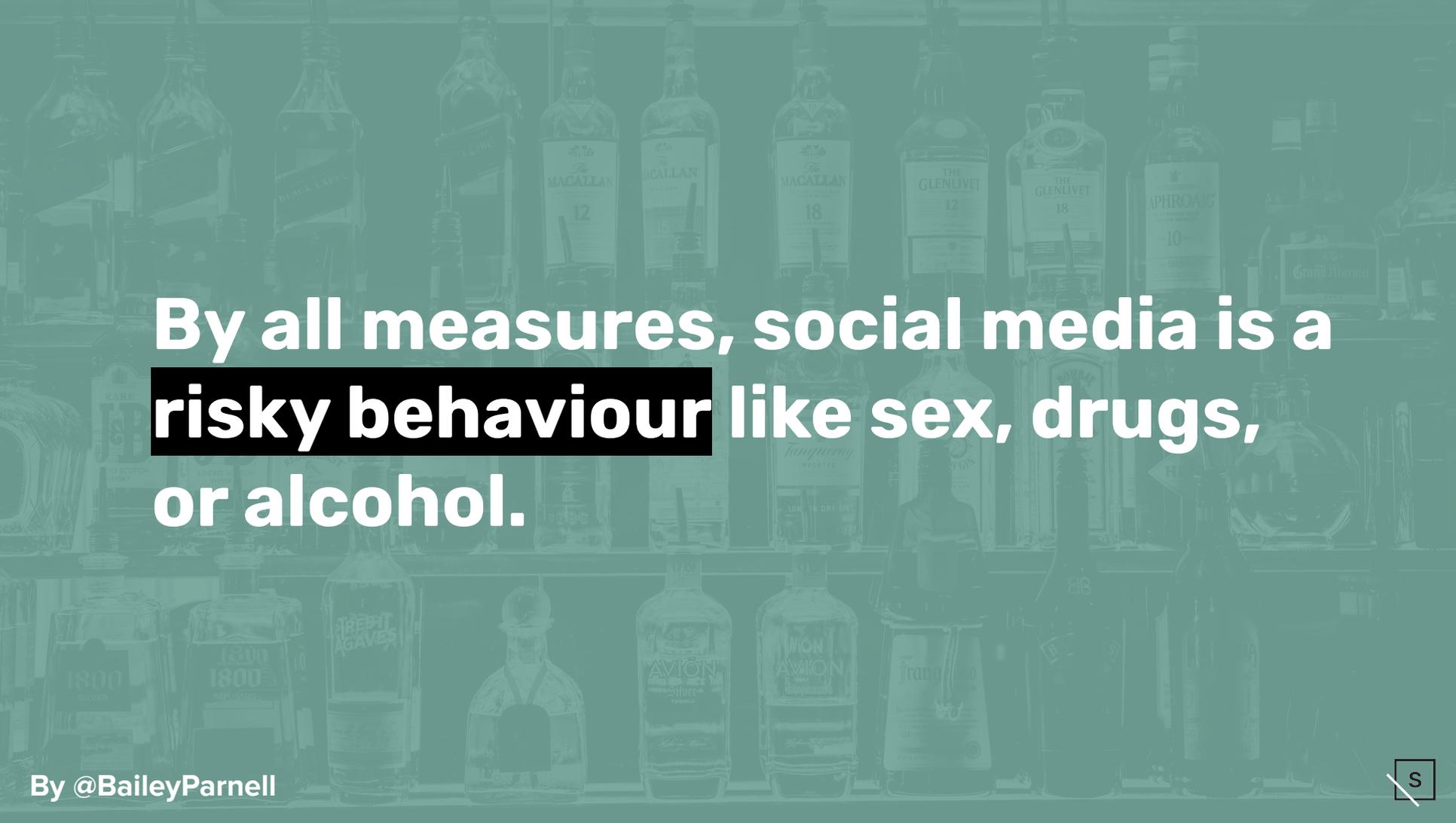
Stressed, energized

Waste of my time.

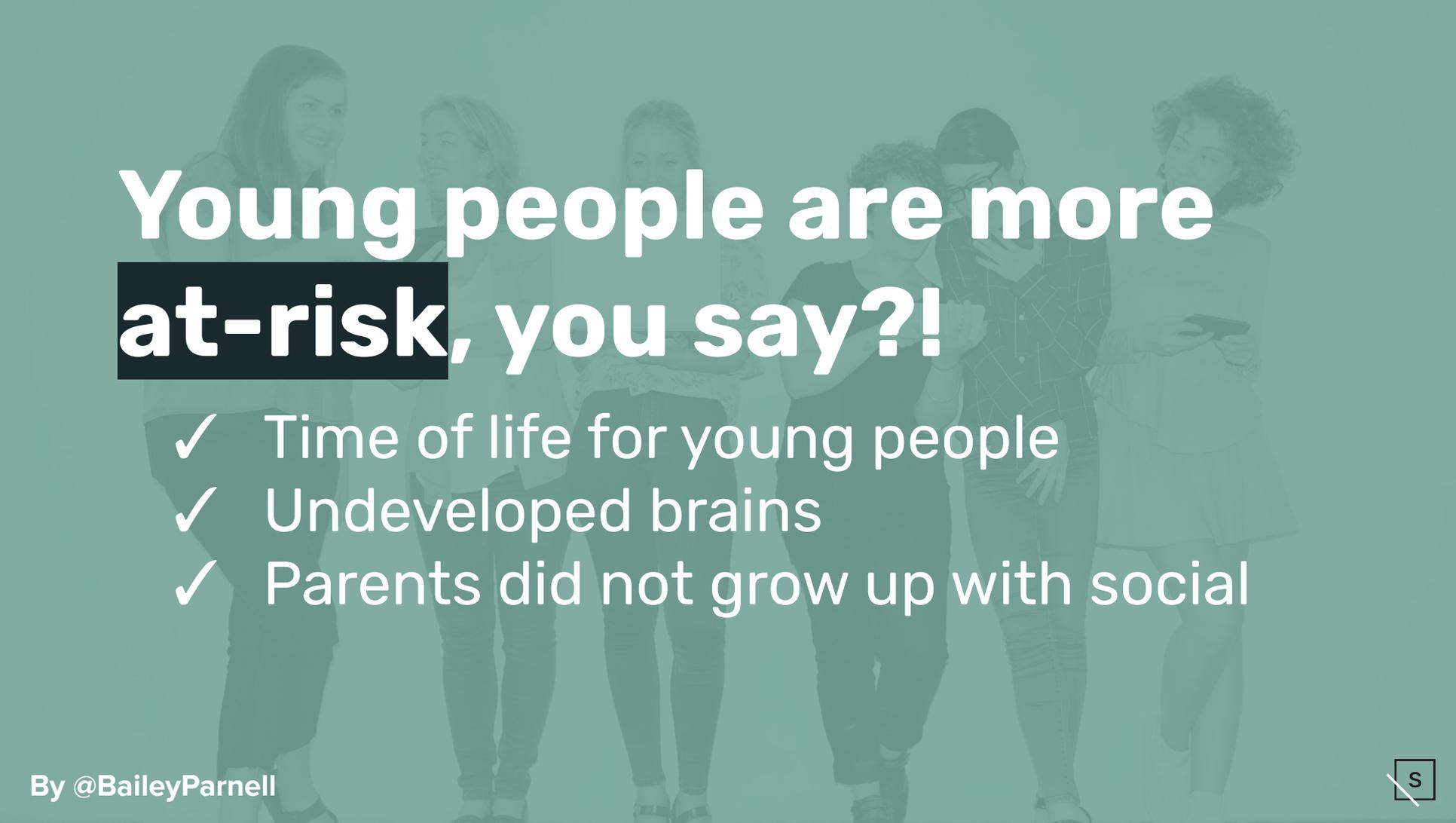
self-judgement

lack of motivation,

Connection and validation



By all measures, social media is a **risky behaviour** like sex, drugs, or alcohol.



Young people are more **at-risk**, you say?!

- ✓ Time of life for young people
- ✓ Undeveloped brains
- ✓ Parents did not grow up with social



Social Media

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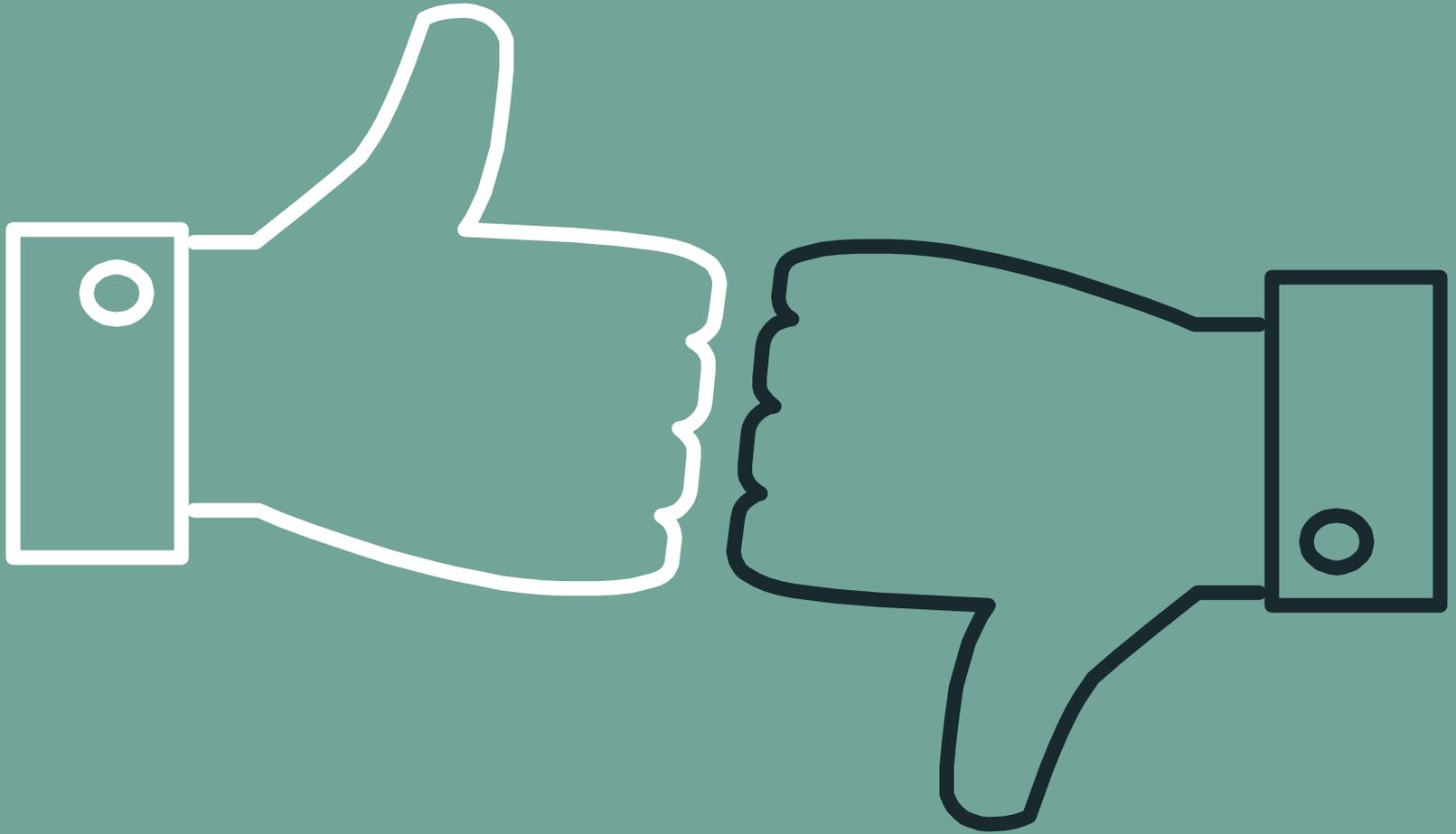
self-judgement

lack of motivation,

Connection and validation

**Abstinence is not an
option, but you can
practice**

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By @BaileyParnell



DARK SIDE OF ~~SOCIAL MEDIA~~ PEOPLE

By @BaileyParnell





Treatment is similar to
that of other risky
behaviours.



5 STEPS TOWARDS

#SAFESOCIAL

5 STEPS TOWARDS

#SAFESOCIAL

1

Build awareness
& understanding.

Speak the Same Language

- ✓ Immerse yourself in the language.
- ✓ Talk with people who speak the language.
- ✓ Take formal classes.
- ✓ Do informal learning.

5 STEPS TOWARDS

#SAFESOCIAL

1

Build awareness
& understanding.

2

Modify your
consumption.

- ✓ Don't *need* it, but *want* it.
- ✓ You like it and not because it's "normal".
- ✓ You consume things genuinely enjoyable or valuable.
- ✓ Never peer-pressured.
- ✓ Never uncomfortable for abstaining.
- ✓ Does not consume your life and harm relationships.
- ✓ You do not overdose.
- ✓ You consume responsibly and safely.

✓ Mindful scrolling

✓ Apple's screen time

✓ Privacy & security

✓ Dedicated offline time

✓ Apps to block notifications

✓ Digital detoxes

✓ Prioritizing offline

5 STEPS TOWARDS

#SAFESOCIAL

1

Build awareness
& understanding.

2

Modify your
consumption.

3

Build offline
soft skills.

1. Self-awareness

2. Self-confidence

3. Resilience

4. Time management

5. Mindfulness

5 STEPS TOWARDS

#SAFESOCIAL

1

Build awareness
& understanding.

2

Modify your
consumption.

3

Build offline
soft skills.

4

Model good behaviour.

#SAFESOCIAL

Are You A Good
#SafeSocial Role Model?

5 STEPS TOWARDS

#SAFESOCIAL

1

Build awareness
& understanding.

2

Modify your
consumption.

3

Build offline
soft skills.

4

Model good behaviour.

5

Hold responsible
parties accountable.

Who is responsible?

1. Governments
2. Social Media Companies
3. Educational Institutions
4. Parents
5. Media
6. You

A woman with long dark hair is looking down at her smartphone. The image is overlaid with a semi-transparent teal color. The text is centered on the image.

Is social media hurting your mental health?

It doesn't have to.

4 Steps to Social Media Wellness

#SAFESOCIAL

New website & mailing list

safesocialmedia.co

Q&A

THANK YOU.

@BaileyParnell

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safesocialmedia.co | @safesocialmedia.co

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