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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](https://news.wilmingtontrust.com)





#SAFESOCIAL

# Social Media's Impact on Mental Health

@BaileyParnell



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



Go to **[pollev.com/skillscamp](https://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**





skillscamp.co



safesocialmedia.co





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

 Like

 Share



# 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

2



By @BaileyParnell

It's funny cuz it disappears

S



**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 blonde hair is looking down at a smartphone held in their hand. The entire image is covered with a semi-transparent teal overlay. The person's face is partially visible, showing a focused expression.

# **5. FOMO (Fear of Missing Out)**

By @BaileyParnell







# **FOMO the biggest predictor of addiction.**

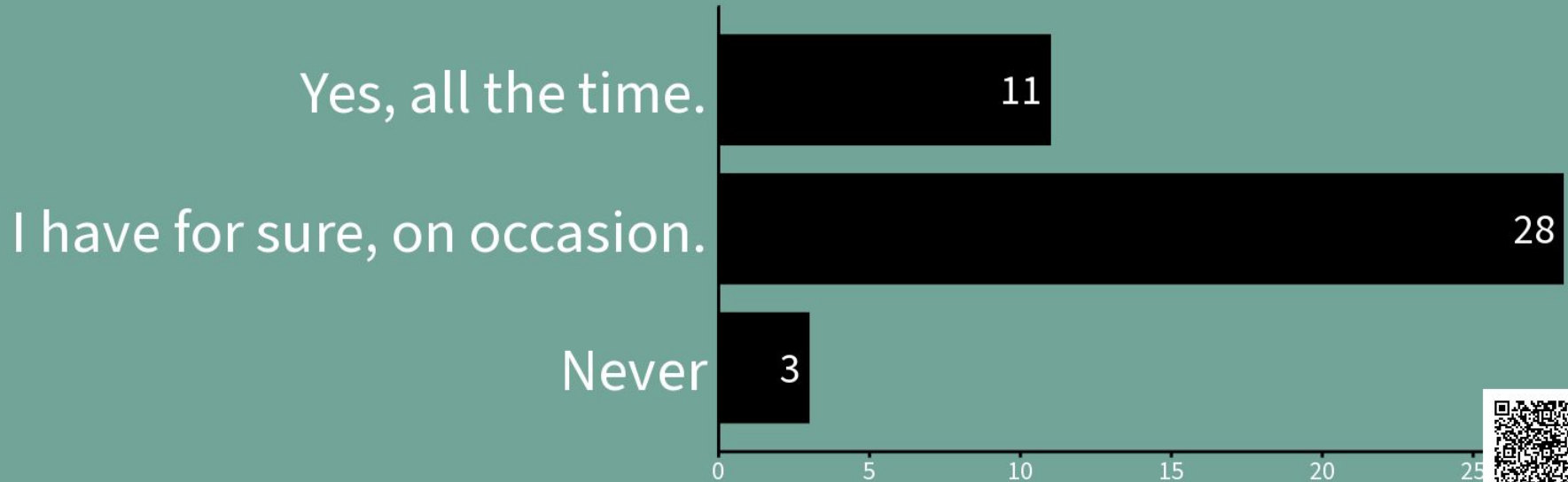
By @BaileyParnell

*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*



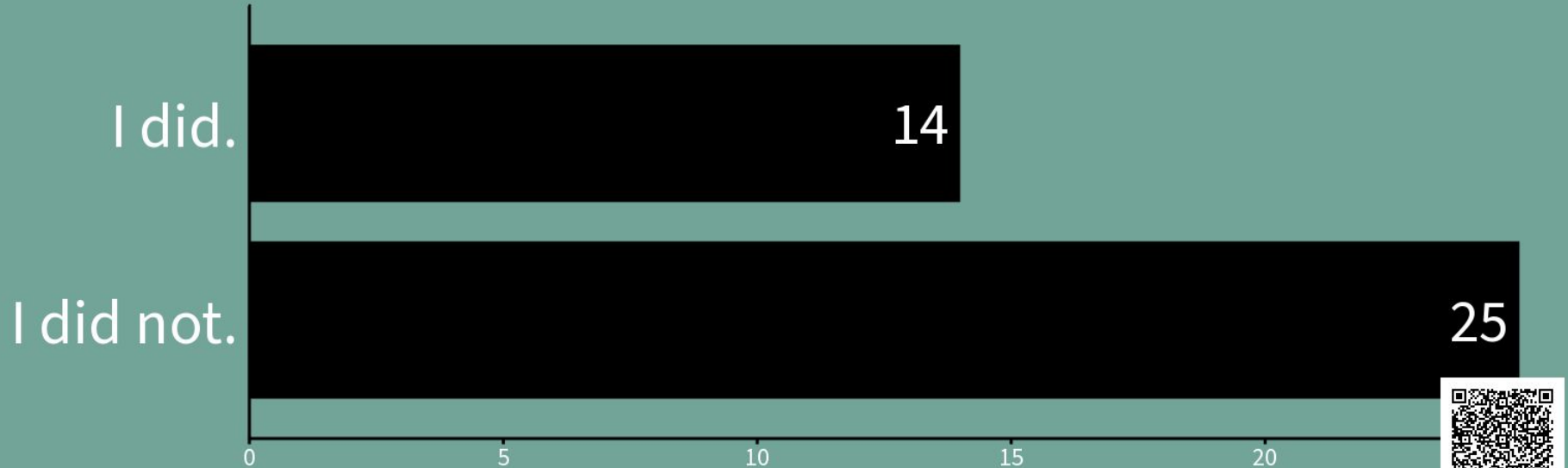


# How many of you have considered deactivating your social media accounts?



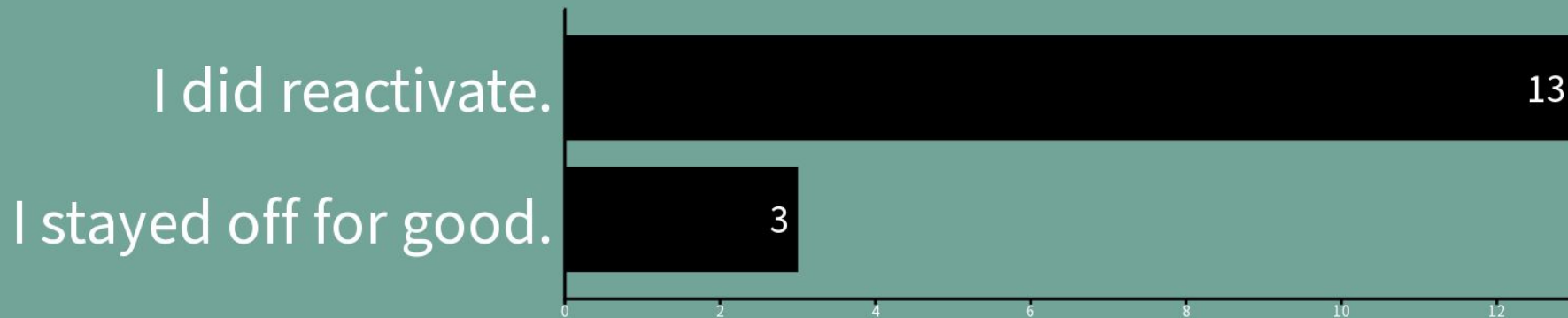


**Of the people who said you have considered deactivating,  
how many of you actually did?**





## For those that did deactivate, did you reactivate?



# 6. ADDICTION

Psychological & Physical

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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 hopelessness, 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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Waste of my time.

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lack of motivation,

Connection and validation

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

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# **DARK SIDE OF** **~~SOCIAL MEDIA~~** **PEOPLE**

A person is lying on a patterned couch in a modern office or lounge area. In the background, there is a large window, a desk with a computer monitor, and a large cylindrical lamp hanging from the ceiling. The scene is dimly lit, with light coming from the window and the lamp.

**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

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1

Build awareness  
& understanding.

2

Modify your  
consumption.

3

Build offline  
soft skills.

4

Model good behaviour.

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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 brown hair is looking down at her smartphone. The image is overlaid with a semi-transparent teal filter. The text is centered over 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](https://safesocialmedia.co)

**Q&A**

# THANK YOU.

@BaileyParnell  
bailey@safesocialmedia.co

safesocialmedia.co | @safesocialmedia.co

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