The Social Girls

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Title Page / Topic :

Does social media positively affect the flow of information?

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Abstract :

Social media can both positively and negatively affect the flow of information though one outweighs the other. Social media platforms have become a significant source of information in today's world as information consumption and perception is heavily influenced by social media. Many social media users rely on social media platforms to get their information whether it is about gossip, politics or weather. Throughout this paper the ideas of social media algorithms, user-generated content and information flow are explored.

Key words: Social media, information consumption, influence, algorithms, positively

Introduction: Nicole's part

What is social media? It is a digital platform in which one is able to share or express their own personal thoughts over the internet for everyone to see behind a screen. In today's digital age, social media platforms have been the new way in which we gain and spread the flow of information, shaping how news is consumed and shared globally. However, there is still much disagreement over how social media affects the spread of knowledge. While some argue that social media enhances accessibility and facilitates the rapid spread of information, others raise concerns about the growth of misinformation.

Body 1 : Nicole's part

The use of social networks have grown important in today's world, especially as a way of self-expression and developing one's identity. Sharing views, experiences, and artistic creations allows people to connect and build a sense of community. Individuals like sharing their achievements, travels, and everyday experiences on social media because it helps them record their lives and gives them peer approval and support. When it comes to sharing and positive feedback on social media, it is one of the main ways it affects mental health. The reward area of the brain is activated when users receive likes, comments, and shares. This results in the release of dopamine and serotonin, which are neurotransmitters linked to happiness and wellbeing. One's mood and general mental health may be improved by this, as it can provide them a sense of fulfillment and validation. The process is comparable to the satisfaction we get from our own accomplishments and relationships, but it is enhanced by social media platforms' broad

audience and immediate feedback. Additionally the internet makes it easier for ideas to circulate, keeping people informed and involved in subjects that interest them. People may feel more in control as a result, being more a part of the world and able to change their atmosphere. People can experiment with how they display themselves on social media sites, revealing fresh aspects of their identities, and explore various sides of their personalities and interests. However, social media does not always have a positive impact on mental health. Cyberbullying, negative comments, and a desire to maintain a particular image may all worsen mental health issues like depression and anxiety. It's important to approach it thoughtfully, be cautious of its possible drawbacks, and maximize its advantages.

Body 2 : Nicole's part

Internet usage has evolved into a big resource for companies trying to expand and bring in new users. Compared to traditional marketing strategies, businesses may reach a wider audience by utilizing social media platforms like Facebook, Instagram,Tik Tok and Twitter. Through social media, businesses may use targeted advertising to better engage and convert consumers by tailoring their messages to appeal to particular groups. For example, when a new restaurant opens, a carefully thought-out social media campaign displaying the atmosphere, menu, and feedback from previous patrons might draw in future consumers. Furthermore, user-generated content increases the restaurant's visibility and reputation by having patrons share their eating experiences online. These platforms are good at visual storytelling because they let companies post appealing pictures and videos that showcase their goods and services. Potential clients may be encouraged to try new foods or activities by this visual attraction. In addition to aiding in marketing, social media encourages consumers to share their positive experiences and recommendations with their network and creates a sense of community. When gaining likes, followers, and attention on social media, they offer businesses a strong platform for expansion as well as for developing deep relationships with their audience, which fosters long-term success and client loyalty.

Body 3 : Yaira's Part

Social media refers to the means of interactions among people in which they create, share, and/or exchange information and ideas in virtual communities and networks. Social media has evolved over the past years. I do believe that social media does positively affect the flow of information because we believe everything that we see in social media is true and false information and how social media gives us the interaction of communicating. My main focus will be the positive impact of social media and how it helps us communicate and contact our families and friends. For example, the source Social Media and Its Impact on Society - Positive & Negative Impact states " Social media today plays a crucial role in connecting families, friends, and relatives living in Far Away places. People can connect instantly by using a digital device at their disposal anytime from anywhere with an internet connection". This is saying that social media brought a positive impact by keeping families in touch and communicating especially if they are long distance you could call or facetime instead of going in person to visit. Especially during covid when we couldn't go anywhere and need to be in quarantine we weren't able to go see family or

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friends. It became helpful to have social media, we could see what our families and friends are doing and interact with them once in a while. Overall, social media has a positive side because it keeps us updated on our family members and friends and most importantly it updates us of news and information going on in the world.-Yaira Reyes Vivar

Body 4 : Yaira's Part

   Social media has been in controversy for the lack of false information and also a distraction to society. Most people get distracted from being on social media all day and not doing their chores, being productive and more. Social media does affect the flow of information because what we see online we tend to believe and trust. And society spends more time on social media than being more productive. The negative impact of social media is false news, bullying and human behavior. For example, the source Social Media and Its Impact on Society - Positive & Negative Impact states "Social media can lead to addiction. Social media can be addictive; people can spend hours scrolling through their feeds, checking notifications, and responding to messages. People who spend much time on social media are more likely to experience anxiety and depression". Overall this is a significant quote because we don't realize how much time we spend on our phones in social media. And how social media can produce false allegations and bring down people's self esteem. In my personal opinion, I feel that sometimes when I'm in social media apps I am tempted to compare myself with other girls physically based on their features which is bad to compare ourselves to someone else when we all are perfect in our way. Social media does get to a point that gets us addicted to the phone and we spend more time on our phones than doing other things that we need to get done. Being on your phone could make your energy down just sitting down and being on the phone and not being active. Also could affect people's mental health which is a major topic now. If people spend so much time on social media it will affect their mental health because social media is gonna show influencers life and people gonna believe their life isn't worth and need to be better and they start to compare themselves like those influencers life and how to be like them. Overall people shouldn't be so engaged to social media or their phone because it's a distraction to our life and health. -Yaira Reyes Vivar

Body 5 : Channel's Part

Fostering Interactive Discussion: How Social Media Encourages Discussion

Body 6 : Channel's Part
Empowering Voices: Social Media Amplifying Marginalized Voices

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Body 7 : Celine's part

       Furthermore, social media allows people to explore support within their own personal journeys. For instance, if one were to try a weight loss diet or wanted to engage in a cleaner lifestyle the algorithm on social media permits similar content to appear while they are scrolling. When the similar content comes across that person's profile it sheds light on some emotions that they might encounter. After watching a person sharing their weight loss experience and sharing meal prep ideas it can alter the viewer's mindset to gain additional encouragement. Although some people may have the perspective of body shaming on these posts, others can use social media to improve self esteem and positive body image. Some of these interpretations of body positivity on social media can include: fostering inclusive representation of different bodies, a platform for diverse beauty standards and aesthetics, supportive online communities and friendship networks, encouraging open discussions about body image, allowing opportunities for empowering educational content, and showcasing real life imperfections and authenticity. Sometimes, when people see a habit performed or being modeled whether it is virtual or in real life, some might feel more inclined to interpret that action as motivation. Additionally, social media portrays 'real bodies' meaning it showcases what diverse bodies look like. The beauty standard is no longer just thin and skinny. Influencers exposing bodies come in all shapes, sizes and colors with scarring or stretch marks that are equally as beautiful. Young girls of newer generations can see these various body types and feel confident in their own skin. Comparison is the thief of joy, thus it is highly essential for young girls and boys to understand contentment in their own bodies.

Summary : Celine's part

       In essence, although there may be negative consequences of social media, the positive impacts outweigh the pessimistic outcomes. Communicating globally, becoming an entrepreneur, expressing yourself, sharing memories, finding encouragement or support are all examples of how social media can benefit our society. With regards to mental health, social media can be helpful in quick dopamine if people find themselves extremely stressed. Moreover, social media is an outlet that can lead us to engage in new activities or try new restaurants that are advertised. In the light of advertisement, businesses can reach a wider audience and bring new customers to help grow their profits. As previously mentioned, social media can be perceived as a distraction if not used in moderation hence it is important to limit how much we use it. Too much of anything is not healthy, that is why it is equally important to monitor our usage.

Conclusion : Celine's Part

       Social media platforms have become the new means by which we obtain and distribute information, influencing the worldwide consumption and sharing of news. Since social media

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has a big impact on how people perceive and consume information, social media platforms have grown to be important sources of information in today's society. Social media platforms are a primary source of information for a large number of users, whether it be about politics, gossip, or the weather. Alongside societal information spreading within seconds, social media has long lasting positive effects on how humans interact with each other online and in person. Overall, this essay can shift the perception of social media being favorable for a variety of reasons that include but are not limited to global communication, starting your own business, expressing oneself, exchanging experiences, promoting open discussions and getting help.

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