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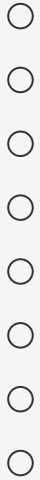
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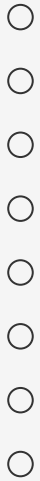
Internet and Social Media Addiction: Understanding, Stereotypes, and Social Isolation

- Digital dependency is growing among young people.
- Today's talk will cover:
 1. Understanding addiction and its effects.
 2. The role of stereotypes and pressure.
 3. Social isolation caused by addiction.

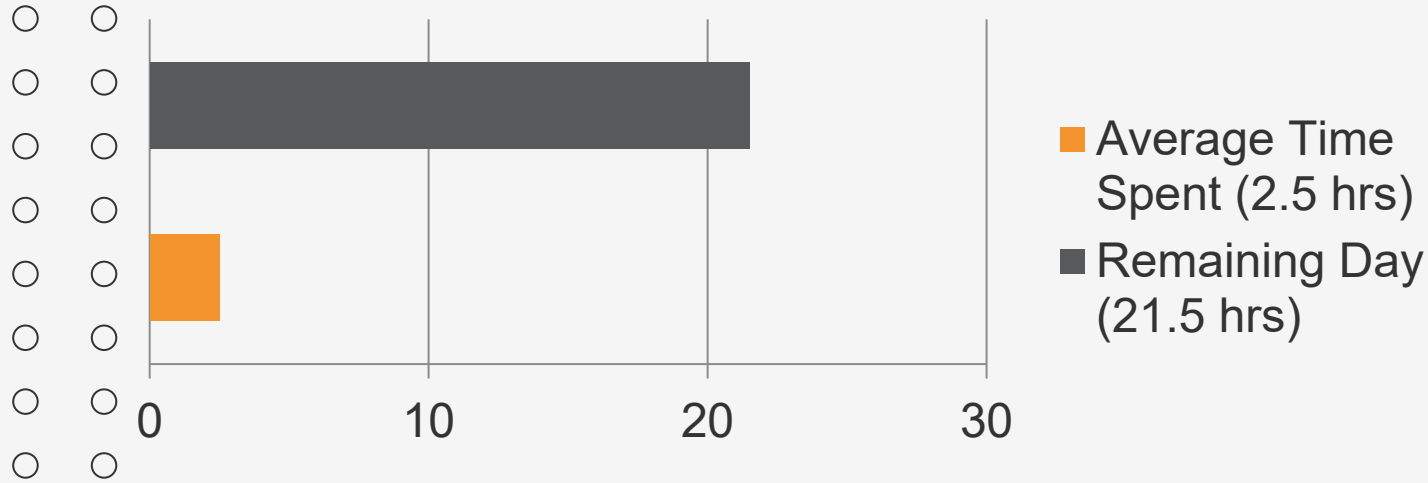


1. What is Internet and Social Media Addiction?

- Compulsive use of digital platforms.
- 210+ million people affected globally.
- Teens are online 'almost constantly.'
- Causes mental health issues: anxiety, depression.
- Physical effects: sleep problems, poor posture.



Average Daily Social Media Usage (2024) (Statista, 2024)



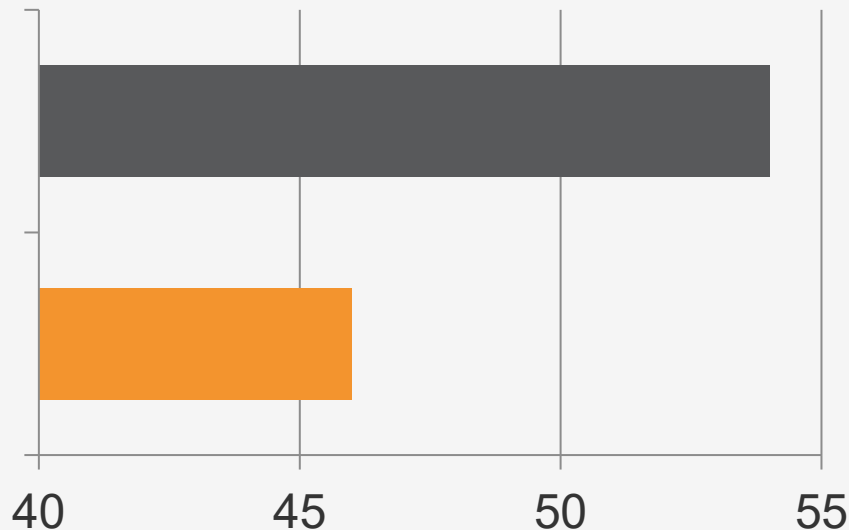
Teenagers Online 'Almost Constantly'

(Lanier Law Firm, 2023)



Other Teenagers (54%)

Online Constantly (46%)



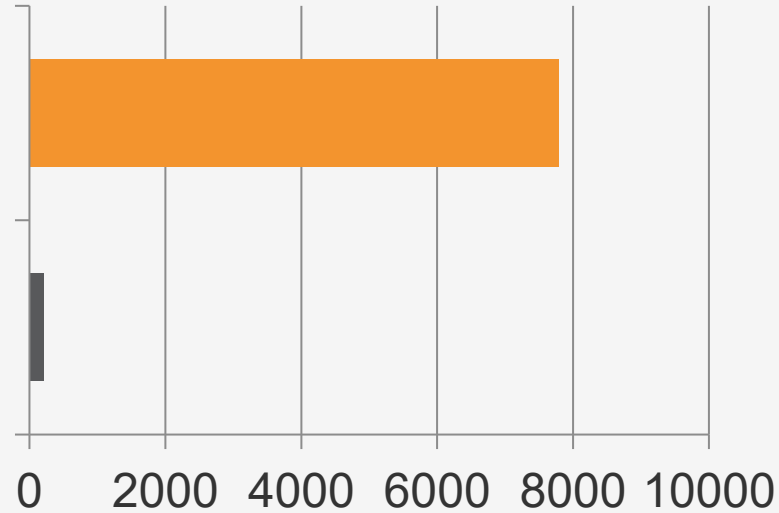
Global Internet and Social Media Addiction

(AddictionHelp.co, 2023).



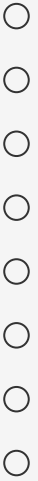
Non-Addicted Population
(~7.79B)

Addicted Population (210M)



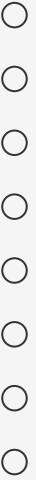
Psychological Effects

- Dopamine loop: likes and comments give instant reward.
- 'Popcorn brain': hard to focus offline.
- Constant comparison lowers self-esteem.



2. Stereotypes and Social Pressure

- Social media shows 'perfect' lives.
- Teens feel pressure to look and act a certain way.
- Fear of Missing Out (FoMO) drives compulsive use.
- Peer pressure and influencer culture feed addiction.



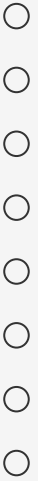
Environment and Platform Design

- Lack of support at home increases risk.
- School bullying linked to more screen time.
- Platforms are built to be addictive (scroll, notifications).



3. Social Isolation and Loneliness

- Online time replaces real-life interaction.
- 29% of adults feel lonelier due to screen time.
- Teens avoid face-to-face talks.
- ASMR & online communities used for comfort.



Emotional and Social Effects

- Addicted teens may be more aggressive.
- Difficulty reading body language.
- Virtual life replaces real connection.



Conclusion

- Addiction harms mental, emotional, and social health.
- Stereotypes and tech design deepen the problem.
- We must promote real-life relationships and healthy use.



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Reflective Questions:

- What signs of internet or social media addiction have you noticed in your students?
- How do you think social media affects students' self-esteem?
- What are some ways we can encourage healthier use of technology among young people?
- How do societal pressures and stereotypes influence students' online behavior?
- Have you seen students struggle with unrealistic expectations from social media?
- What role can we play as teachers in breaking harmful online stereotypes?
- Have you noticed students who are socially isolated but very active online?
- How can we encourage students to build real-life relationships?
- What practical steps can schools take to reduce social isolation caused by digital addiction?

