



October 2016

Active now



6:22 PM

Social
Media



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GIF



Write a message...



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Further Recourses

On the relationship between social media and mental state: “Online Social Networking and Mental Health” Igor Pantic, MD, PhD

On the impact of social media on teenagers’ lives: “It’s Complicated: The Social Lives of Networked Teens” by Danah Boyd

On the influence of technology on family relationships: “Is Technology Creating a Family Divide?” Psychology Today, Jim Taylor PhD

On the influence of technology on communication: “In Constant Digital Contact, We Feel ‘Alone Together’” NPR podcast October 17, 2012

Monta Vista Student Advocate Richard Prinz is an available on-campus resource for students seeking guidance in any areas, extending to personal well-being, close relationships, and more. All conversations remain confidential unless doing such compromises safety.

Note:

Please note that while our staff members have individual opinions, the publication itself will remain neutral. Our submissions include those collected from an online form and those solicited by staff, in order to ensure the authenticity of both.

NO FILTER

A tweet may be limited to 140 characters, a single snapchat to 10 seconds, an Instagram video to 1 minute. But does it really end there? Or do we carry the weight of 140 characters, 10 seconds, 1 minute, in the pockets of our favorite winter coat, long after we've scrolled or clicked away?

For this issue of Verdadera, we asked readers to empty their pockets. They shared their findings: fistfuls of validation, lint balls of newfound friendship, stray gum wrappers of insecurity, even pinches of inspiration and wrinkled dollar bills of indifference.

This issue is an exploration of the spectrum and extent of social media's impact. In a time dominated by the pulse of immediacy, guided by hashtags, mocked by memes, and ever-the-more-encouraged by "like, comment, subscribe", social media's influence provides endless opportunity. Everyone seizes the opportunity differently, but we all feel its effects.

Here are our stories: stripped of social media's quintessential dog filter and its tampering of contrast and exposure. Here are our stories: unfiltered.

Editor In Chiefs,
Maddie Park and Adriana Getman

Social Media

at Monta Vista



41%



20%



19%



10%



4%



3%

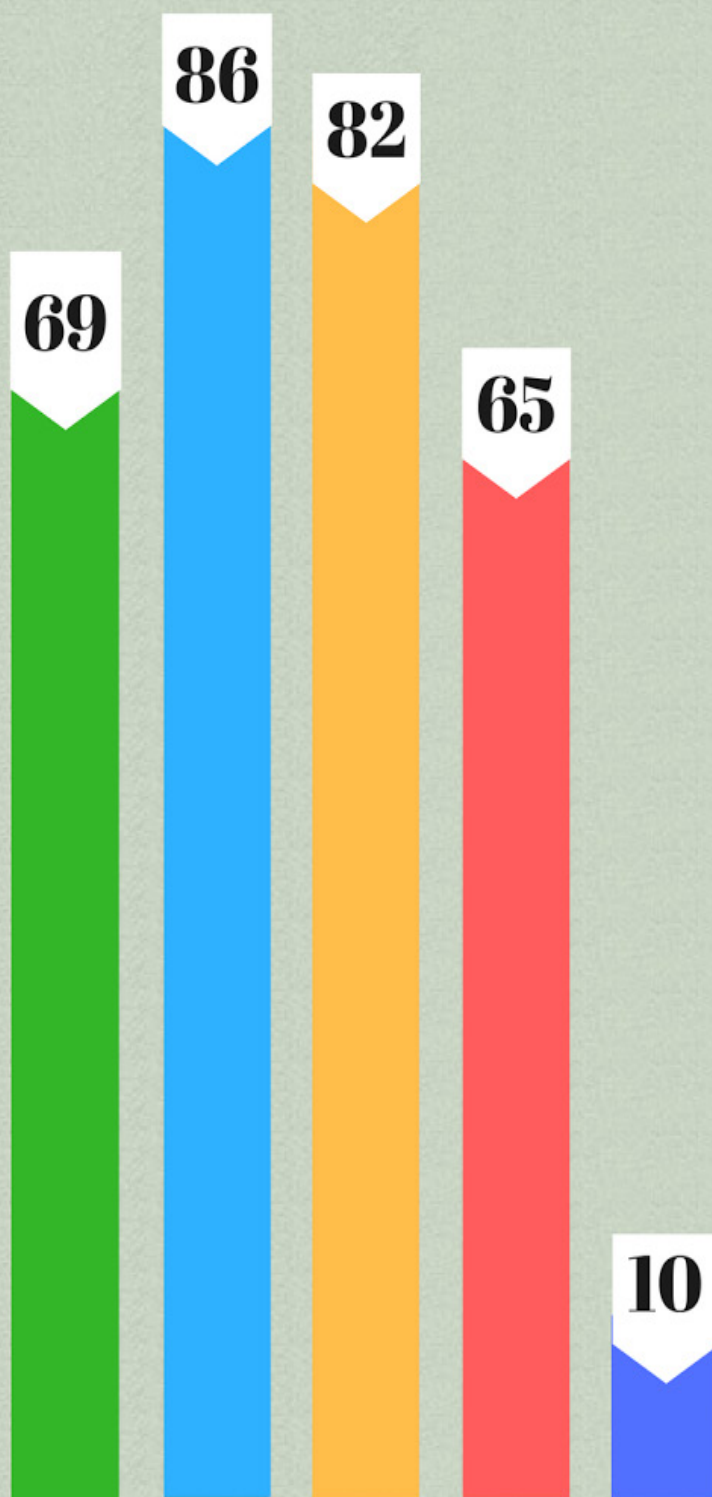


3%



"What social media do you use the most?"

WHAT PART OF YOUR LIFE DOES SOCIAL MEDIA AFFECT?



Relationships
Opinions
Other
Perdeption od Self
Perception of Others



All Statistics based on an online survey conducted by Monta Vista Verdadera

Design by: Apoorva Sirigineedi

Why does social media affect these parts of your life?



“Posts that I see on Facebook about my friends influences my opinion of their values and who they are. I have “friends” on Facebook that are people that I work with. I feel more connected on a personal level with these people then I would if I only knew them professionally. At the same time though, when these same people post things that I think are rude or offensive, It lowers my opinion of them and this rolls over to the work environment as well. When I interview potential employees, I search their social media pages to get a sense of who they are.”

“Social media affects my perception of myself because it’s so easy to feel like you’re worse than someone based on what you see online and how people treat them versus how they treat you. Even the people who you thought you were close with sometimes reject you unknowingly. Some of my opinions are also affected by social media because through platforms like Facebook and Twitter, many people’s experiences can be shared, which shapes how I feel about different situations today and how I react to them.”

“I was so self conscious about how I looked until I talked to mutual friends over snapchat, tumblr, etc, and they really helped me with my self confidence. In addition, people’s comments online really help give insight as to how they think, and tell me if I can trust them or not. Honestly, seeing someone post something super homophobic online kept me from dating them, and helped me drop a lot of toxic people from my life. On the other hand, I am able to stay in contact with my friends who have moved to other states, or family who lives far away, and gain new perspectives on issues in the world.”



I follow a lot of artists on social media, and their work is inspirational especially in creating my own art; same with fashion/beauty bloggers, since they inspire me in lifestyle choices. However, all of these inspirations sometimes make me feel insecure, like I should be working harder to be better in all these aspects.

“It makes me feel terrible. I always see these stories about people who are going through tough times and are still doing great in everything they do. I look at those and I feel stupid because there’s almost nothing wrong with my life yet those people are still better than me in so many things.”

A digital clock display showing the time 23:24 in a white, segmented font. The clock is overlaid on a background image showing a person's hands holding a smartphone. The person is wearing a dark blue sweater with white stripes on the sleeves. The background is dark and out of focus.

23:24



To what extent does social media affect social and romantic relationships with others?

“I have made TONS of new friends from all over the world and its honestly really great. The fact that I can communicate with people all over the world and create close relationships with them is something amazing. I feel closer to some people I’ve met online than people I know in real life, and for that I’m grateful.”

“I feel like through social media, you can feel this so called “connection” with other people and simple things such as emojis can cause you to question a lot of their intentions--but when you actually talk to them in real life, you realize that their personality isn’t reflective of how they chat. This has especially caused me to misinterpret many people in various ways, and has affected my feelings towards other people because I was liking someone for who they were on chat rather than in real life.”

“I think that it can be really harmful at certain times cause once you post or say something to someone else on social media, even if it’s deleted, it can be found. Nothing is private on social media. Even this message that I’m sending you right now; you say that it is entered anonymously, but technically you could find out who I am by looking for my laptop’s IP address, etc”

“I think social media affects relationships in that it creates a standard you compare yourself to. The stuff on social media is usually the good aspects of other people’s lives, and when you’re constantly exposed to that, you start to have certain perceptions of how things “should” be. I have a friend who’s constantly looking at her phone, even when she’s talking to her friends. She’s not trying to be rude or anything; she’s just so focused on checking Facebook and Instagram that she gets lost in her own world. Anyway, she’s constantly putting herself down and obsessing over how she looks compared to other people. Most of the things she says relates to the standards social media creates, i.e “this person looks so good, I look so bad” and “this person has such a cute relationship, I want a boyfriend.” I understand that those wants are universal, regardless of the effect social media has, but the problem is that her perception of those things, visuals or relationships, are often unrealistic.”

“I feel that social media keeps me in contact with my friends because sometimes we’re all too busy to see each other face to face. At that point, social media becomes the only thing really holding your friendships together.”



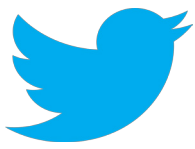
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♥ 48 likes

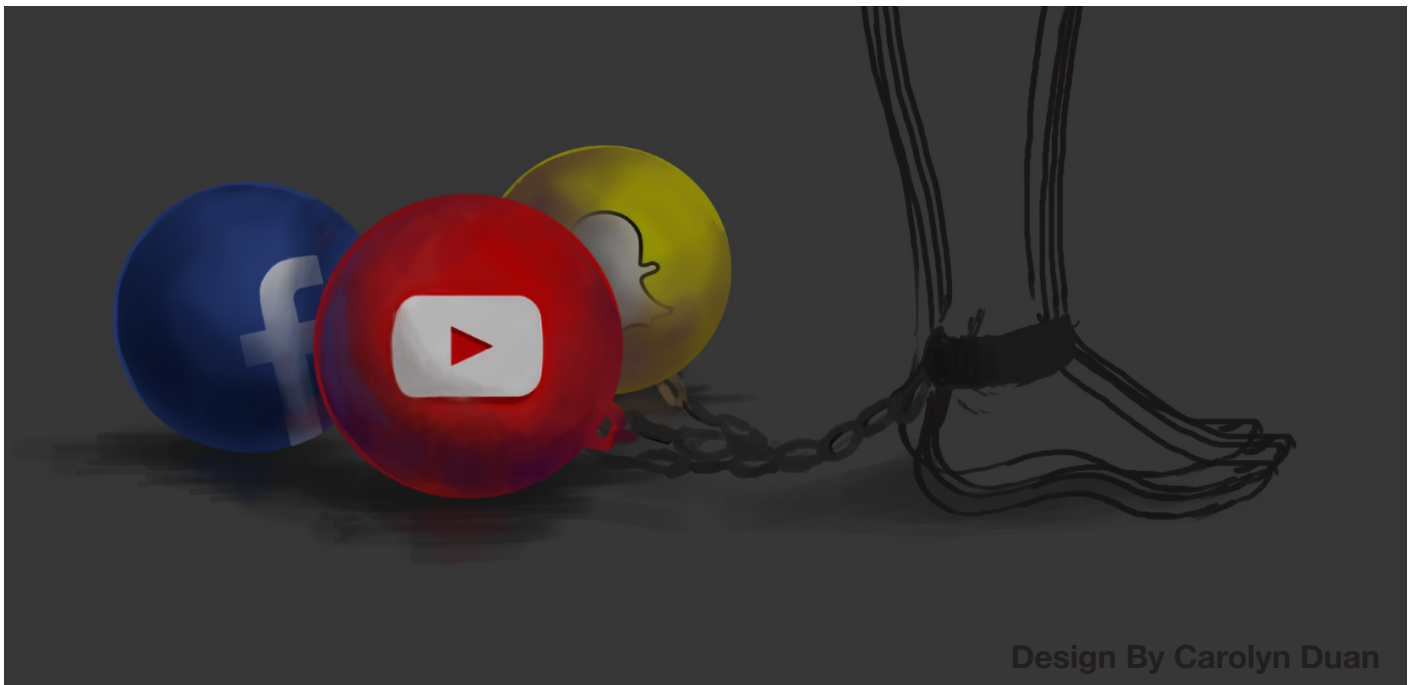
mvhsverdadera "I've had a crush on a guy for a while, at least 4 or 5 months. He goes to a different school but he's in one of my extracurriculars. Everyone in that class knows about my crush on him, because apparently it's that obvious. For a long time, I wanted to tell him that I liked him but since I was already good friends with him I was worried of ruining that and making things awkward. Over time I kept seeing these stories of people confessing to their crushes and they made it look so easy. I thought it was pretty easy so I told him on Monday and he hasn't said a word to me since."





Experiences with Social Media

“I vent on my blog a lot, and it is really helpful because sometimes I feel like I am overreacting to something, but I get a lot of validation online on topics I can’t talk about in person. For example, some kid stopped by where I work and made really uncomfortable comments about my bra size to me after my shift ended, so I panicked and told him to leave me alone. Someone overheard me and told me I was being disrespectful and that the least I could do was be polite to the boy because he was just trying to make conversation, and I was frustrated and confused because I felt like I had been in the right but obviously, someone disagreed on that, so I talked with people on my blog, and it was nice to know that at least some people agreed with me and that I hadn’t overreacted.”



“I used to compare myself to those popular pretty Asian girls on Instagram and cry. Why was I so ugly? Look how pretty they are. Why was I so fat? Look how skinny they are. Why didn’t I have any cute clothes to wear? Look at all of their pretty outfits. I defined those girls as “perfect” — and then I examined my every flaw and despaired at how different I was, how imperfect I was. It was so, so addicting to complain and cry and complain and cry about how ugly and fat and lonely I was. In a sick, twisted way, it felt good to tell myself I was worthless. I couldn’t stop. The insecurities that I faced were honestly crippling. I woke up every day with swollen eyes.”

Messages



Anonymous said:

"A few years ago I was diagnosed with the type of JRA (juvenile rheumatoid arthritis) that affects five or more joints and is the least likely of all types of JRA to go into recession (go away). My world was turned upside down when I was told I had a chronic illness that could destroy my body from the inside out. I was forced to stop running because it hurt too much. I had to give up on swimming, the new coach didn't understand. Every day getting out of bed was a painful struggle. For an entire summer I was taking eight pills a day. I had pills for my pills I lost 9 pounds in around 8 weeks. The world spun around me most days, and I would just lie on the floor groaning from my churning stomach aching spinning head and my inflamed joints. When I tried to tell people how I felt they would just look at me sadly and say sorry. Which is all they could do, but I felt like I needed someone who at least understood what was happening to me to tell me "it's ok, you'll be ok". Then I discovered Pinterest. I happened to look arthritis up one day and I found tons of meaningful quotes that I understood and related to. I found advice from people with arthritis, not just doctors but people who figured out handy short cuts and pain relievers. Finding a whole community dedicated to helping people like me and sharing knowledge really helped me pick back up with my normal life. It's not the way it was and probably never will be, but at least now I'm ready."



Answer



Ten Seconds



The earliest I can remember creating an account on social media was back in sixth grade when I got a Google Buzz account. Google Buzz allowed me to make new friends and greater social connections with people in school, although it left me with a ton of embarrassing posts to delete in the years to follow. As I got to eighth grade, and soon high school, social media began to gain more popularity, and soon everyone was on several websites like Facebook and Twitter, and apps like Instagram and Snapchat.

Out of all of the new social media platforms, I was the most baffled by Snapchat. I remember my confusion when Snapchat stories were first introduced as new update; I didn't understand what the point was and why my stories randomly disappeared after a day. Before stories became a thing, I honestly didn't understand the point of Snapchat. I don't even remember if streaks were a thing back then, but I'd always just leave people on "opened" and never understood why they wouldn't just text me like normal people. However, as Snapchat stories became more popular, I naturally fell into the flow of it and started posting videos or pictures of how my day's going and what I'm doing. Soon after that, people started replying to my stories with several messages about how funny my stories are, and that's when I realized that this is something I actually enjoy doing.

I began to use my Snapchat stories as an outlet for my humor and flamboyant personality, although I wasn't always so confident. In the beginning, I was really self-conscious of what I posted and whether or not people would find me annoying or weird. But as I started building more viewers, it felt like I was just sharing how my day went with my little crew of friends, and soon I gained so much confidence with my personality. Today, I don't have to think twice about how my story will look to my viewers, because by now everyone that has me on Snapchat understands that I'm loud and obnoxious; and they would've deleted me off Snapchat if they didn't like my stories. Assurance of the fact that people actually enjoy watching me had a great impact on me as a person and coming to terms with how vibrant my personality is. Snapchat has helped me embrace my personality, while also helping me make and maintain strong social connections.

There's often a bad connotation that comes with "social media" as the thing 'millennials' have gotten obsessed with and can't live without. Although social media can have a few negative effects on our life, social media gives teenagers a voice. Whether they use their voice to share important posts to raise awareness on certain issues, or simply to make people laugh even for just ten seconds in the day, social media has become a place for everyone and anyone to have a platform and speak on anything they wish to. Social media truly defines what it means to have freedom of speech and expression, and although many may argue social media has had a bad effect on our youth today, there's no doubt that we wouldn't be able to build the strong connections we have today without it.

- @advaitgadre

Q & A with Richard Prinz, Monta Vista Student Advocate

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Verdadera: Do you think social media is a good or bad thing?

Prinz: “I don’t think social media is good or bad, it depends on how it’s used. I don’t think it’s inherently good or bad; there might be some sites on social media that might not be good places to go, sites that promote negatives things about people, or promote gossip, or promote saying whatever you want without being held accountable. There might be some sites that people may go to where they read certain things, things that could be harmful, that young adults have access to. It definitely has its good and bad, and it has been said that [social media] inhibits creativity, and instead of figuring things out, it’s much more easier to look things up. I think it’s helpful in the sense that people are able to stay in touch; you can know how people are doing, and stay in touch.”

Verdadera: What advice would you give to someone who has just created a social media account/ accounts?

Prinz: “Someone I once talked to mentioned to me that her real relationships were online; that online, she can be whoever she wants, which is a little bit scary to me. She would invent a name, and maybe she’d be male, and she could play whoever she wanted to be. To me, that’s not really authentic. You have to be careful because people can play, and you have no way of knowing who they really are. You have to be careful who you’re talking to. I think where the problem comes in is where it starts to cut off personal relationships, and being able to be with people. There have been experiments that have been conducted that show that even if humans grow with all the provisions they need; food, sleep, exercise, they will not survive if they are not physically touched. People need contact with each other. We’re social animals. I’d say that’s where we have to look out. Go ahead and do it, but don’t do it at the expense of staying in touch physically with people.”

Read 11:10 AM

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