

PITFALLS OF SOCIAL MEDIA

PITFALL	RESULT
The barrier of the screen	Emotional disconnection
Friends and followers	False sense of friendship
Overattachment to devices	Addiction
Multitasking	Antimindful behavior
Oversharing	Voyeuristic behavior
Excessive posting	Narcissistic behavior
Browsing through others' profiles	Destructive, nonproductive use of time
Anonymous sites	No accountability
The "like" button	Overly valuing peers' feedback
TWI/TWE (texting while intoxicated/ emotional)	Regret

