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# *Dangers of Social Media*

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# Topics

1. *Information about me*
2. *My book*
3. *Algorithms*
  - a. *Harmful content on purpose*
4. *Brain Facts*
5. *Teen Brains and Social Media*
6. *Eating Disorders*
7. *Dangerous Challenges*
8. *What can you do?*

# What are “Algorithms”

- How many of you have smartphones?
- What kinds of apps do you use?
  - Instagram
  - TikTok
  - SnapChat
  - BeReal
  - YouTube
- Algorithms are the computer programs that make the APPS work
- They choose what you SEE based on your:
  - SEARCHES
  - CLICKS
  - FACIAL RECOGNITION



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# How Does This Happen?

**FIRST: NOTHING ONLINE IS REAL. EVERYTHING IS MANIPULATED!**

**Example: You see tons of “skinny” models and you want to look like them.**

1. You decide to look for accounts to help you start “eating healthy”
2. The APPS detect your search and begin to FLOOD your feed, FYP, home page with things the APP wants you to see, such as:
  - a. Exercise videos
  - b. Eating disorder accounts
  - c. Dangerous challenges that dare you to try them
3. There is NO way to know what is/is not dangerous without the help of an adult
4. The more you click on the links you see, the more content the APP finds for you
5. WHY?? The longer you are on the APPS, the more money they make!!!

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# Social Media Companies KNOW

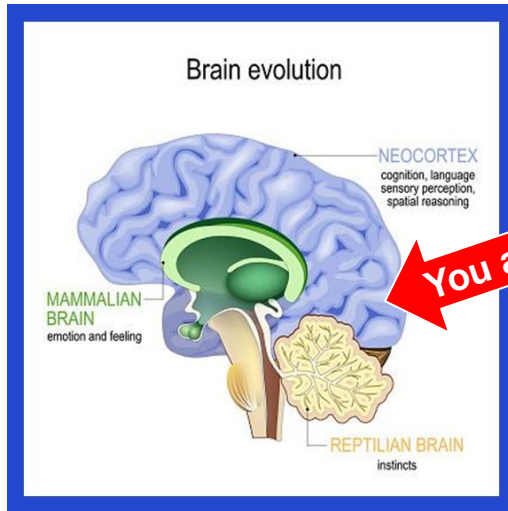
- In 2021 a Facebook (Meta) employee released confidential material to the public confirming that they had this data.
- Instagram knowingly worsens existing body image issues for 1 in 3 teenage girls
- TikTok pushes harmful content such as promoting eating disorders to young users
- Every 39 seconds, TikTok recommends videos about body image and mental health to teens
- Why do they specifically target TEENS?

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# Brain Facts

- The human brain does not fully form until the age of 25!
- The human brain has 3 parts: Reptilian (animal), Limbic (emotional), Mammalian



Brain forms from the back, forward.

Reptilian: "Fight or flight" - survival.  
Eating drinking, crying, pooping :)

Limbic: Emotion and memory, moods & sensation. "Impulsive" - still difficult to make "complex" decisions.

Mammalian: "future-oriented" knowing how decisions affect the future.

# Teen Brains and Social Media

Why do "Teen brains" and Social Media sometimes cause a "FALSE SENSE OF CONFIDENCE"?

1. Social Media APPS deliberately push content to teens that is dangerous and designed to keep them on the apps longer.
2. Teen brains are still impulsive and not 100% fully wired yet.

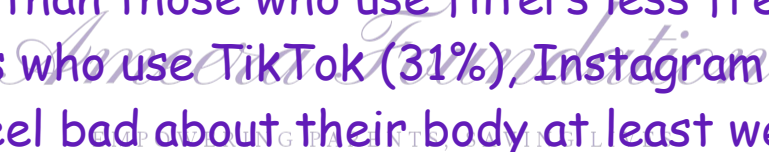
So what do you get when you combine them?

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# Filters

- 61% of teens said beauty filters make them feel worse about their appearance
- 63% of teens said they use beauty filters to “look more beautiful”
- 56% of teens said they use beauty filters to “hide the characteristics they don’t like”
- Teens who use beauty filters at least weekly are 2x as interested in cosmetic surgery than those who use filters less frequently
- Almost 1 in 3 girls who use TikTok (31%), Instagram (32%), and Snapchat (28%) say they feel bad about their body at least weekly when using these platforms



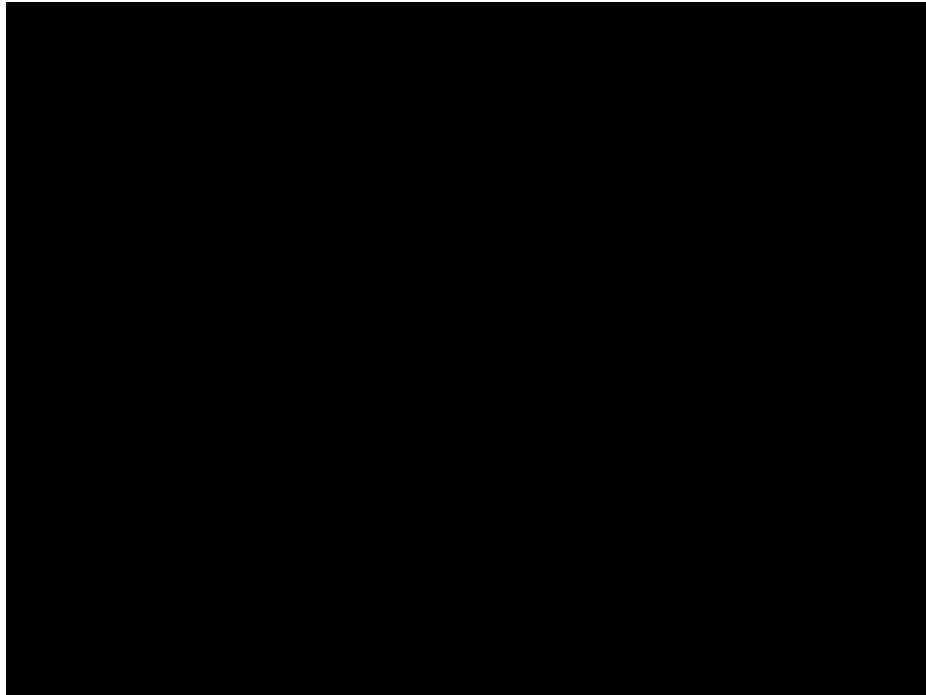


# What are Eating Disorders

- They are **SERIOUS MENTAL ILLNESS**, NOT by choice
- They affect both **GIRLS & BOYS, MEN & WOMEN**
- You cannot **SEE** an eating disorder
- Over 10,000 people die **EVERY** year of an eating disorder
- Anorexia is the most **DEADLY** mental illness
  - Others include: Bulimia, Orthorexia, ARFID, many others
- Triggers: Bullying, *Social Media*, Diet Culture, etc.
- **BE AN ADVOCATE! See something DO Something!**
- How can you help?

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# Dangerous Challenges Video



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# What Can You Do?

How can YOU be smarter online (or offline!)

- Do NOT be a Bystander - BE AN UPSTANDER!
  - Upstanders recognize something wrong and ACT to make it right!
  - Upstanders are HEROES! If you see bullying online or in person, make sure you reach out to someone who can help.
  - Reach out in friendship, help the victim in any way, DM them to show support
- THINK before you post or share!
  - EVERYTHING we post online is there forever! Even if it disappears after 30 secs or 24 hours.
  - Is it kind? Is it true? Is it necessary?
- If you think your friend needs help, TELL someone!

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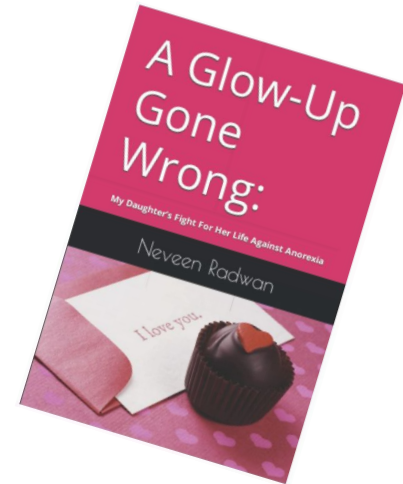


# Resources

- **Erik's Cause (online safety/challenges):**  
<http://www.erikscouse.org>
- **Half the Story:** <https://www.halfthestoryproject.com/>
  - **IG:** @halfthestory
- **My book:** ["A Glow-Up Gone Wrong"](#) on Amazon
- **My IG:** @anorexia\_no\_more
  - I can provide more resources/articles!

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**#HALF=STORY**



# Questions?



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