

# Are we depend on social media?

Group AC – 172  
Hryhoriants Valeriia



# So just how addicted are we?

---



## *Some facts:*

- *Social networking accounts for 28% of all media time spent online.*
- *1.23 billion users log into the site for an average of 17 minutes a day.*
- *39,757 years of our time is spent collectively on Facebook in a single day.*

Social media is an array of internet sites that enable people to interact.

Users between the ages of 15-19 spend at least three hours a day on average on social media.

So how does this affect our health?

In 2012 a report suggested that using Facebook feeds anxiety and increases a person's feeling of inadequacy.

# What is an addiction?

---

A social media addiction is when preserving a moment gets in the way of having a moment.

This obsession with social media is not uncommon.

Many people have said they have seen a tourist miss a good opportunity because they were too busy trying to take a good photo.

Also, some parents even said they have missed an important memory in their child's life because they wanted to capture the perfect post.



# Affection addict

---



'You phone is not your life.'





# Our article

---



' The number of patients I see has rocketed through the roof. They seem to have a need and want to constantly see what other people are doing.'

# Thanks for attention



## Affection addict



You're addicted to what you eat.

## Our risks



The number of people who are addicted to drugs and alcohol has risen sharply in recent years. This is due to a number of factors, including the availability of drugs and alcohol, and the social stigma associated with addiction.

## What is an addiction?

A person is said to be addicted to a substance if they have a physical and psychological dependence on it. This means that they will experience withdrawal symptoms if they stop using the substance.

Many people have said they have been in trouble with a drug addiction. However, they were not truly trying to stop a great deal.

Also, some people have said they have been in trouble with a drug addiction. However, they were not truly trying to stop a great deal.



## So just how addicted are we?



Today's world is an easy place to get addicted to. With so many distractions, it's easy to get lost in the moment and forget about the future.

Just because the signs of addiction are not always obvious, it doesn't mean they aren't there. It's important to be aware of the signs and symptoms of addiction.

To have done this often, our heads.

In 2012 a report suggested that using Facebook, checking email and internet browsing is becoming a habit for many people.