

RESPONSIBLE USE OF SOCIAL MEDIA

by:

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Nowadays, social media is the most powerful tool you can use anytime and everywhere. Most people have their own access to social media. Even a child has their own social media account. But how can we utilize it properly? Are we assured that we can use it safely? How can we limit our access to it? Can we consider ourselves responsible for using it? These are the questions that might come into our minds.

Currently, technology is deeper and deeper. It also gives people the capacity to easily use it. Since the pandemic hits our country people are more engaged in spending their time browsing social media. According to a study by Philippine Statistics Authority, Filipinos 10 to 64 years old used the internet more frequently for social media (73.9%) than for research work and e-mail (63.6%). This also held true between urban and rural areas, between sexes, and across age groups. It was clearly stated that most the people used internet for social media rather than for research work and email.

Based on the study, 91.23% are users of Facebook, 3.29% are users of Youtube, 2.62% from Twitter, 1.06% from Instagram, 0.8% from Pinterest, and 0.7% from Reddit. From this study, how can we assure that we can use it safely? Since there are lots of issues, problems and fake news come on social media. Here are some tips on how we can be responsible users of social media.

First, we should educate ourselves on how big and broad things we will encounter in using social media like Facebook. Make sure we study things before acknowledging and spreading the news we see on it because some of them are fake news. Learn to identify which are fake news and not.

Next, don't let anyone access your accounts. You should secure your password. Update it if possible. Don't give it to anyone because it may cause a problem.

Third, limit yourself in using it. Use it frequently in your study rather than in other matters. Focus on the things that can help you in your study.

Lastly, spread love, not hate. Share positive and uplifting words. Don't take it to bully others.

It is in our hands to make ourselves responsible users of social media. We should think many times before we click on it.

References:

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