


# **EFFECT OF SOCIAL MEDIA ON OURSELVES**

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# SELFCONFIDENCE

- Comparison of lives
- Followers mean happiness
- Second life confidence



# SELFCONFIDENCE



# ADDICTION

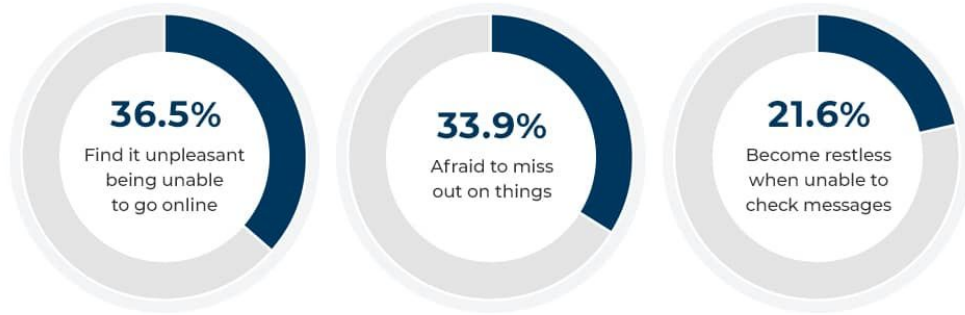
- No life without social networks
- online>>>>offline
- Social media catches your attention



# ADDICTION



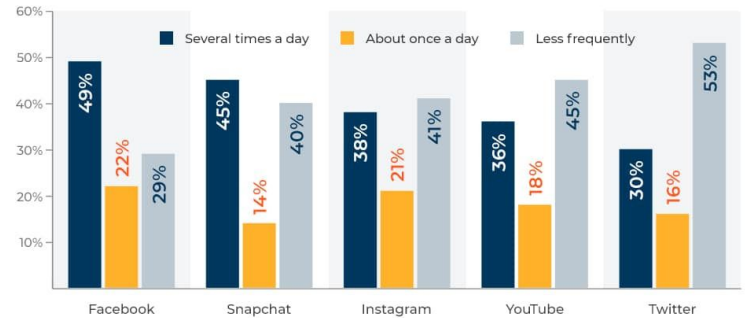
## The Importance of Social Media Among 18-24-Year-Olds



Source: CBS



## Frequency of Checking Social Media Among US Adults by Platform



Source: Pew Research Center

# Sources

- <https://truelist.co/blog/social-media-addiction-statistics/>
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**THANKS FOR YOUR  
ATTENTION!**

