

Resource 1

Talking heads – social media experiences.



I mostly use social media to get to know new people. I get friend requests all the time and I never reject a request. I have almost 1,000 friends online. I think if you take a good selfie people like you more. Boys definitely like girls who post more selfies.



There's pressure to like and comment on each other's posts. If your best friend posts something on a social network, you have to comment or like it within the first 5 minutes, then they will do it back to you.



I take at least four or five pictures before I post one to social media. I usually use filters so the light and colour are right, and so any spots or imperfections I have are blurred. You need to take it from a high angle and to get your good side.



I use social media only to talk to my friends. I have really high privacy settings so that people I didn't know couldn't find me or make friends with me. I hate the thought that strangers would pry into my life. I try to avoid posting too much about my personal life and just stick to uploading stuff about my favourite bands and films.



It makes me feel awful if I don't get likes or if people leave nasty comments. I have taken down my posts before, if they don't get enough likes. Sometimes I feel jealous that other people get way more attention than I do on social media. Also, I hate it if someone posts a picture of me without checking first. I just feel so embarrassed if I don't like the way I look. I've fallen out with people about that before, definitely.



When I used to feel down or bad about myself I would go online and look at my friend's pages. But after a while I realised it made me feel worse, to see them all having fun and looking amazing when I felt rubbish. I recognised I get serious FOMO (fear of missing out). So now I go on social media less and I never go on when I'm feeling upset, stressed or angry, because I know it makes me feel worse.



I don't post selfies hardly at all anymore because I can't be bothered with nasty comments. I once posted one wearing my school uniform and my mum freaked out, so I stopped uploading them. I really like social media, but I mostly use it when I'm in gaming communities. Personally, I think posting selfies is really attention seeking and vain.