

UITGAWE 20 • 22 SEPTEMBER 2017

DEPRESSIE101

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INSTAGRAM
gevaarlik?

flambojante

ROBBIE WILLIAMS
se goor lewe

madison
HOLLERAN

se dood deur sosiale media
veroorzaak?

HIKE OF BIKE EN MAAK 'N VERSKIL

■ We worry about how we look in pictures and how our comments sound, that other people are having more fun and doing more things. We wish our last picture got more likes.



Madison Holleran

a star athlete, intelligent and successful student. Everyone she knew said she was happy. But in her very first semester away from home she started to feel anxious and depressed. With her best friend she would scroll through Instagram, “This is what college is supposed to be like; this is what we want our life to be like.”

Januarie 2014: Madison sterf as gevolg van selfdood. ESPN [Entertainment and Sports Programming Network] het 'n ondersoek geloods om vas te stel watter rol sosiale media gespeel het om Madison se angs- en depressievlakke te verhoog en tot haar dood aanleiding gegee het.

Madison Holleran is beslis nie die enigste voorbeeld hiervan nie.



INSTAGRAM

worst social media for mental health

Instagram is the worst social media network for mental health and well-being, according to a recent survey of almost 1 500 teenagers and young adults.

The photo-based platform was associated with high levels of anxiety, depression, bullying and the "fear of missing out". [FOMO]

Instagram and Snapchat ranking as the worst for mental health and well-being - both platforms are very image-focused and it appears they may be driving feelings of inadequacy and anxiety in young people."

Robbie Williams

die stout seun met 'n groot ego

WSy windmakerige vertonings is 'n skans vir sy angs, depressie en onsekerhede. Hy is behep daarmee om alles te lees wat enigiemand aanlyn oor hom te sê het. "En dit verpletter die siel. Wanneer daar 10 goeie kommentare en een goor een is, konsentreer ek op die goor een." Dan is daar die onophoudelike selfkastyding wanneer hy hom teen ander beroemdes opweeg en uiteraard te lig vind.



Krissi Murison

Huisgenoot, 28 September 2017

NEGATIVE EFFECTS OF SOCIAL MEDIA ON CHILDREN AND TEENAGERS

Hate Speech & cyber bullying

Rude and threatening comments are being made.

IDENTITY THEFT

Disclosing personal information can be 'stolen' by e.g. advertisers and insurance companies.

ONLINE GROOMING

Paedophiles may use fake accounts and pretend to be of the same age to win children's confidence. They can then gain vital personal information like their schools and the places where they hang out.

Obesity

Teenagers spend most of their time in front of the TV or computer. Add to that bad eating habits, and you have an obesity epidemic at hand.

Academic work

Teenagers who watch too much television have lower scores in exams. They are not good readers as they spend more time in front of the television.

CYBER-STALKING

A relationship that was developed online gets sour and the personal information shared can be used by the stalker.

Lack Of Interpersonal Skills

Children may consider a virtual relation substitute for a real one. They often ignore the importance and the appropriate behaviour related to face-to-face contact. The set of interpersonal skills that are necessary for the success in the real life, may not develop properly.

RISKY SEXUAL BEHAVIOUR

It is very normal for teenagers to be interested in everything sexual. Sex without responsibility - that seems to be the message being beamed at teenagers. This can lead to irresponsible sexual behavior and unwanted pregnancies.

Making Violence Normal

Violence in video games and movies becomes people's reality. Many teenagers are unable to distinguish between reality and fantasy. (The number of school shootings in the USA is an indication of this very fact.)



Praat oor die invloed/uitwerking wat sosiale media en ander platforms op die tieners het. **Praat** oor wat realiteit en wat fantasie is. **Hou** 'n oog oor die programme wat kinders kyk wanneer ouers by die werk is met die *parental control* funksie. **Sê** hoekom die programme nie gekyk mag word nie. Ouers moet tyd voor die televisie tot 2 tot 3 ure per dag **beperk**. **Verduidelik** hoekom. Ouers moet op gesinstyd (nie voor die televisie nie) **aandring** sodat daar met mekaar **gepraat** kan word. Media sal nie verdwyn nie.

Ouers kan hulle kinders probeer beskerm teen die goed wat hulle lewens direk kan beïnvloed en so die snellers word wat tot depressie aanleiding kan gee.



Van watter musiek, fliks, rekenaarspeletjies jou hou kind? Watter (ongewenste) inligting/boodskappe hou dit in? Kinders kan enige video *clips* sonder jou medewete kyk. Watter televisie- en internet-programme is hulle gunsteling? **Praat daaroor**. Ouers bepaal die grense en reëls van wat toelaatbare kykstof is, watter *apps* gebruik word en speletjies wat gespeel word. **Verduidelik hoekom**. **Praat** oor die (negatiewe) boodskappe wat die media uitblaker: Wanneer kinders byvoorbeeld 'n video/flied oor tienerliefde kyk, kan ouers oor verhoudings, lewenskeuses, selfbeeld en seksualiteit met die kinders praat. Wie is jou kind se rolmodel? Hoekom hou hy/sy van van hom/haar? **Praat** daaroor.

hike of bike saam

jy KAN en MOET 'n verskil maak in die
lewe van depressievegters
jy KAN en MOET help om die depressie-
stigma die finale doodskoot te gee

aangebied deur die

ITHEMBA
s t i g t i n g

SUIDE

Blaauwklippen

15 Oktober 2017

NOORDE

Van Gaalen's Kaasmakerij

29 Oktober 2017

INSKRYWINGS www.iqela-events.co.za