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# HAPPY

birthday  
birthday  
birthday

@rebecca.wright



**Benjamin George Ochrym** • 1st  
Vice President, Middle Market Relationship Manager  
1w



Congratulations are in order for the Wilmington Trust Structured Finance team.  
Good stuff!



**Wilmington Trust**  
7,292 followers  
1w

[+ Follow](#)

Congratulations to our Structured Finance team on winning "Securitization Trustee of the Year" for Wilmington Trust. The award was presented by GlobalCapital at their annual US Securitization Awards ceremony held ...see more



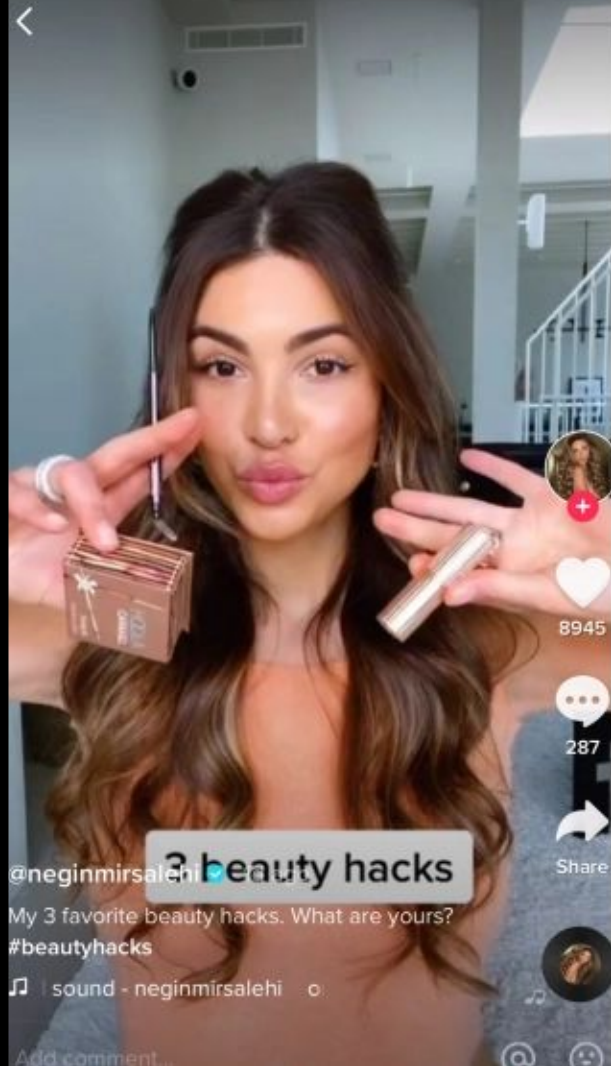
Wilmington Trust Honored as 'Securitization Trustee of the Year' by GlobalCapital

[news.wilmingtontrust.com](https://news.wilmingtontrust.com)









@neginmirsalehi beauty hacks

My 3 favorite beauty hacks. What are yours?

#beautyhacks

sound - neginmirsalehi

By @BaileyParnell





benibuguzelkitaplarmahvetti

Follow



# HELP TURKEY

Please **spread the word** and **donate if you can** to help support relief efforts in Turkey following the devastating Feb. 6 earthquakes that has resulted in **thousands of casualties**.

**AFAD**

T.C. İÇİŞLERİ BAKANLIĞI  
AFET VE ACİL DURUM  
YÖNETİMİ BAŞKANLIĞI

AFAD – Turkey's Official Ministry of Disaster and Emergency Management Presidency:

[www.afad.gov.tr/depremkampanyasi2](http://www.afad.gov.tr/deprem kampanyasi2)

\*Donate in TRY, EUR, USD.

**ahbap**<sup>o</sup>

AHBAP – Non-Governmental Organization with volunteers active in affected regions:

<https://ahbap.org/disasters-turkey>

\*Donate in TRY, EUR, USD, GBP.



AKUT – Non-Governmental Organization actively aiding with search, assist, & rescue:

[www.akut.org.tr/en/donation](http://www.akut.org.tr/en/donation)

\*Donate in TRY, EUR, USD.



TURKISH RED CRESCENT – Providing nutritional services and blood supplies to those affected:

<https://www.kizilay.org.tr/Bagis>

\*Donate in TRY, EUR, USD.



Liked by chef.tin\_aquarius27 and others

benibuguzelkitaplarmahvetti #supportturkey #help  
#helpturkey #turkeyearthquake #uk #turkey

By @BaileyParnell





# #SafeSocial: Social Media's Impact on Mental Health

Nov. 2023

@BaileyParnell

**4 environmental factors**  
**6 risks**  
**5 steps forward**



- ✓ **Environmental factors**
- ✓ **Risks**
- ✓ **5 steps forward**

**Raise your hand if...** 🙋



**Citytv**

**MUCH**



**UCLA**



UNIVERSITY OF  
**TORONTO**

**Seneca**



skillscamp.co



safesocialmedia.co





By @BaileyParnell









# 95%

**of teens between 13-17 use social media.**

# 94%

**of the population is active on social media (311M/332M).**

# 90%

**of internet users access the internet via a mobile phone.**

# 4-6...9? h

per day are spent on social media.

**WHAT'S  
HAPPENING IN  
THAT TIME?**



# ENVIRONMENTAL RISKS ON SOCIAL MEDIA



1



Highlight Reels & Social Comparison

**“We struggle with insecurity because we compare our behind-the-scenes with everyone else’s highlight reel.”**



**Chris Hook** is in  Santa Clara, California.



11 hrs ·  · 



## Started new job at Intel

Yesterday — Discrete Graphics Marketing

Santa Clara, California

 Like

 Share





Alexis  
6 months ago



By @BaileyParnell



# ENVIRONMENTAL RISKS ON SOCIAL MEDIA



**1**

**Highlight Reels & Social Comparison**

**2**

**Social Currency & Conspicuous Consumption**



# **“Economy of Attention”**

**CONSPICUOUS  
CONSUMPTION**



**SOCIAL  
CURRENCY**

**In social media, WE  
are the product.**

# ENVIRONMENTAL RISKS ON SOCIAL MEDIA



**1**

**Highlight Reels & Social Comparison**

**2**

**Social Currency & Conspicuous Consumption**

**3**

**Predators, Scammers, & Harassment**



**We are in a constant balancing act,  
in and outside of social media.**

**HOW WE WANT THE  
WORLD TO BE  
+  
FIGHTING TO MAKE IT  
THAT WAY**



**CONSIDER OUR  
SAFETY IN TODAY'S  
WORLD  
+  
MAKING DECISIONS  
ACCORDINGLY**



## Predators & Scammers



1. Identity thieves
2. Phishing scammers
3. Romance scammers
4. Catfishers
5. Financial fraudsters
6. Cyberbullies
7. Sexual predators
8. Data harvesters
9. Malware spreaders
10. Job scammers
11. Lottery or sweepstakes scammers
12. Extortionists
13. Fake retailers
14. Impersonators
15. Health and wellness scammers

**41%**

**of online adults have experienced some form of online harassment.**

**64%**

**of people under 30 experienced harassment.**

**59%**

**of teens have experienced harassment and/or cyberbullying.**

# MORE SEVERE

**More people report experiencing more severe forms of harassment, which encompasses physical threats, stalking, sexual harassment and sustained harassment.**

(2014 = 14%; 2018 = 18%; **2021 = 25%**)

# 100%

**of the time, it is worse if you present as a woman,  
2S-LGBTQ+, BIPOC.....**





**Mallory Grossman**  
12 Years Old



**Anita Sarkeesian**  
First Attack: 2012

1

2



By @BaileyParnell

It's funny cuz it disappears

S



**Micro moments  
over time become  
a macro problem.**

# ENVIRONMENTAL RISKS ON SOCIAL MEDIA



**1**

**Highlight Reels & Social Comparison**

**2**

**Social Currency & Conspicuous Consumption**

**3**

**Predators, Scammers, & Harassment**

**4**

**Misinformation, Echo Chambers, & Filter Bubbles**



## **Filter bubble, echo chambers, and misinformation**

Algorithms create filter bubbles...

which lead to echo chambers  
(on and offline)..

which reinforce filter  
bubbles...

and then you add  
misinformation...



- ## Risks For Kids (& Everyone)
1. Narrowed perspectives
  2. Reinforced prejudices
  3. Weakened critical thinking
  4. Increased polarization
  5. Emotional distress
  6. Manipulation risk
  7. Truth discernment
  8. Social isolation
  9. Offline impact
  10. Civic disengagement

**HOW CAN THIS  
AFFECT YOU?**



# 1. DISTRACTED & LOSING FOCUS





## 2. SEDENTARY



# 3. LONELY

By @BaileyParnell







# 4. ANXIETY AND DEPRESSION

By @BaileyParnell



A person with blonde hair is looking down at a smartphone held in their hand. The entire image is covered with a semi-transparent teal overlay. The person's face is partially visible, showing a focused expression.

# **5. FOMO (Fear of Missing Out)**

By @BaileyParnell





**FOMO the biggest  
predictor of addiction.**

# 6. ADDICTION

Psychological & Physical

#SAFESOCIAL

Are You Addicted to  
Social Media?

# 6 RISKS OF SOCIAL MEDIA USE

**1**

Distracted  
& Lost Focus

**2**

Sedentary

**3**

Loneliness

**4**

Anxiety &  
Depression

**5**

FOMO

**6**

Addiction

# HOW DO YOU FEEL AS A RESULT OF USING?

empty, dissatisfied

Jealousy, and comparing myself to other people

feeling like time is wasted

low self-esteem, envy, irritability

Exhaustion, a sense of being defeated, anxious

Discomfort, fear

happiness, indignant, bored, tired

Frustration at myself for wasting so much time!

Isolation, Jealousy

Exhaustion. Especially with the repetitive nature of things like police brutality. I feel helpless and hopeless.

Anxious, irritable, mentally exhausted

not being as good as others, like i am a total failure in life, inadequate, envy, feeling poor in terms of wealth, conscious about my physical being,

crying, hurt, irritation, embarrassed

regret, inferiority, jealousy, sadness, joy, connection, inspiration, doom, hope and hope-lessness, fear, honestly it's mostly the darker emotions

Anxious

Stressed, energized

Waste of my time.

self-judgement

lack of motivation,

Connection and validation

**Many of you have noticed  
the notifications at the  
top of my slides.**

**Many of you are bothered  
they're not checked...**



**Many of you are bothered  
they're not checked...**

# 6 RISKS OF SOCIAL MEDIA USE

**1** Distracted  
& Lost Focus

**2** Sedentary

**3** Loneliness

**4** Anxiety &  
Depression

**5** FOMO

**6** Addiction



## **Social Media and Suicide: How Can It Hurt?**

All of these risks can contribute to someone wanting to take their life.

1. Exposure to harmful content
2. Cyberbullying
3. Social Comparison and isolation
4. Spread of misinformation



By all measures, social media is a  
**risky behaviour** like sex, drugs,  
or alcohol.



# Young people are more **at-risk**, you say?!

- ✓ Time of life for young people
- ✓ Developing brains
- ✓ Parents did not grow up with social



# **Social Media**





# There is **promise.**

- ✓ New research suggests teens paint a more nuanced picture of social media. “59% believe social media has had neither a positive nor a negative effect on them.”

# HOW DO YOU FEEL AS A RESULT OF USING?

empty, dissatisfied

Jealousy, and comparing myself to other people

feeling like time is wasted

low self-esteem, envy, irritability

Exhaustion, a sense of being defeated, anxious

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Anxious

Stressed, energized

Waste of my time.

self-judgement

lack of motivation,

Connection and validation

# Positive uses of social media are important too

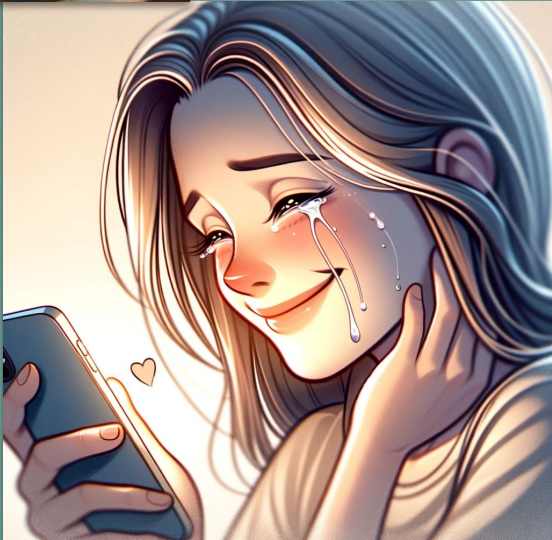
- ✓ Raising awareness for social causes
- ✓ Building communities and connections
- ✓ Connecting with friends and family
- ✓ Fostering creativity
- ✓ Spreading positivity and kindness
- ✓ Learning about different experiences
- ✓ Personal branding & relationship-building



## Social Media and Suicide: How Can It Help?

Social media can also aide in suicide prevention.

1. Awareness and education
2. Community and support
3. Access to resources
4. Monitoring and intervention



**I'm not going to tell you  
to get off social media.**

**#SAFESOCIAL**





# **DARK SIDE OF** **~~SOCIAL MEDIA~~** **PEOPLE**



**Treatment** is similar to  
that of other risky  
behaviours.



# 5 STEPS TOWARDS

# #SAFESOCIAL

# 5 STEPS TOWARDS

#SAFESOCIAL

1

Build awareness  
& understanding.

# 5 STEPS TOWARDS

#SAFESOCIAL

1

Build awareness  
& understanding.

2

Modify your  
consumption.

1. Set time limits
2. Curate feeds
3. Mindful scrolling
4. Notification management
5. Purposeful engagement
6. Scheduled breaks
7. Real-life interaction
8. Reflective practices
9. Digital detox
10. Use of tools
11. Gratitude logging
12. Mental health apps
13. Professional help



# 5 STEPS TOWARDS

#SAFESOCIAL

**1**

Build awareness  
& understanding.

**2**

Modify your  
consumption.

**3**

Build offline  
soft skills.

- 1. Self-awareness**
- 2. Self-confidence**
- 3. Resilience**
- 4. Optimism**
- 5. Time management**
- 6. Mindfulness**

# 5 STEPS TOWARDS

#SAFESOCIAL

1

Build awareness  
& understanding.

2

Modify your  
consumption.

3

Build offline  
soft skills.

4

Model good behaviour.

#SAFESOCIAL

Are You A Good  
#SafeSocial Role Model?

# 5 STEPS TOWARDS

#SAFESOCIAL

**1**

Build awareness  
& understanding.

**2**

Modify your  
consumption.

**3**

Build offline  
soft skills.

**4**

Model good behaviour.

**5**

Hold responsible  
parties accountable.

- 1. Education and awareness**
- 2. Promote resources**
- 3. Create supportive communities**
- 4. Engagement and outreach**
- 5. Advocacy and campaigns**
- 6. Training and workshops**
- 7. Storytelling and sharing**
- 8. Monitoring and responding**
- 9. Collaboration**
- 10. Parental guidance**

# Who is responsible?

1. Governments
2. Social Media Companies
3. Educational Institutions
4. Parents
5. Media
6. You





You're more **empowered** than  
you think.

Historically, **young people**  
always drive media change.

A woman with long brown hair is looking down at her smartphone. The image is overlaid with a semi-transparent teal filter. The text is centered over the image.

# **Is social media hurting your mental health?**

**It doesn't have to.**

#### 4 Steps to Social Media Wellness

# #SAFESOCIAL

3

*Support this work:*

- *Become an advocate*
  - *Share it online*
- *Stay informed (eg. join our mailing list, follow us online)*

[safesocialmedia.co](https://safesocialmedia.co)

**Q&A**

# THANK YOU.

@BaileyParnell  
bailey@safesocialmedia.co

safesocialmedia.co | @safesocialmedia.co

**#SAFESOCIAL**

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