

EASY ENGLISH. SOCIAL MEDIA. TRANSCRIPT

What Do You Use It For?

Posting videos with friends, sending videos to other people that I think are funny, kind of just interacting with my friends.

I use Instagram and Facebook. I have got a twitter account, but I don't really get it.

I think it's absolutely got its place, it's really, really helped me to stay in contact with say friends that are on the other side of the world. Things like twitter, I avoided for a long, long, long time and then joined recently and have created a really great network, specifically around teachers and education and writers and wellbeing, because that's sort of my thing and I've joined Instagram. I think they've all got their like their place.

What Social Media Platforms Do You Use?

I use Facebook and that is it.

Have you ever tried like say for instance TikTok or Instagram?

I haven't tried TikTok, I'm probably a bit too old for it maybe, I don't know. I tried Instagram for a while, but it was quite, I don't know, it didn't really click with me.

I do a little bit of Facebook, but not very much. I'm an old-fashioned girl. I like the telephone. I like speaking to somebody. I like communicating with somebody, eye contact, facial contact, verbally.

It's like oh I haven't brushed my teeth for a week so I'm way worse than you guys are and stuff like that.

People are like trying to outgun each other for who has the worst mental health?

Like the worst trauma.

Yeah, I think the sort of passive scrolling. I'm very involved in mental health and emotional well-being, children and young people. It's noticing when you start having those thoughts around like comparing yourself with other people, they can be quite subtle, but they're quite toxic, you know just those sort of little subtle underlying 'oh she looks so happy' or 'you know my life isn't as good as theirs'. I think it can get quite sort of toxic.

There were people that I knew on there and I knew they didn't lead these glamorous, millionaire looking lifestyles, but yet their photos seem to kind of dictate that or indicate that. I just thought it's too fake.

I kind of got a bit tired of it so I'm quite minimal on it really just for just for seeing people's holidays I'm interested in and what people are doing okay, but like Lee said, I don't like the trolling and the negative side of it and the bullying with children and teenagers.

What are your thoughts on social media?

Well in general I think social media is amazing, it's great. It gives so many possibilities to connect with people to learn, to educate, to inform yourself about things to spread awareness about certain topics and so it's definitely good that we have it.

Obviously on social media it's easier for people to be anonymous and spread also negative things to be sexist or racist send messages that people don't want to get.

Over consumption of social media can bring a lot of negativity and negative thoughts so I think you have to be aware of how you use social media.