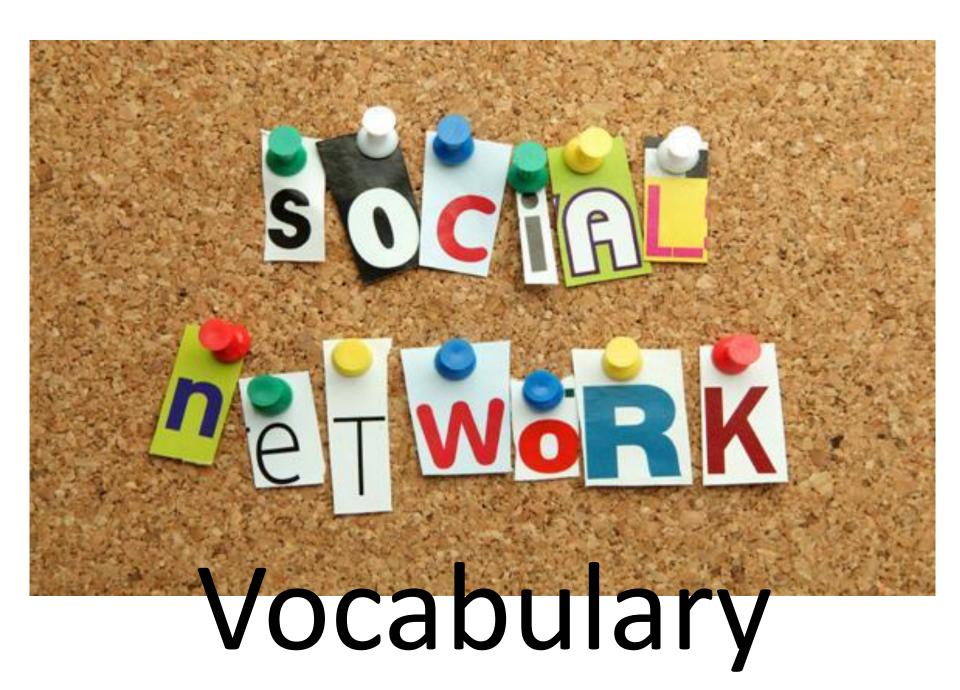




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Twitter, facebook... can you add to the list?





- To spend ...per day online
- To spend (work hours) on social networks
- To be addicted to social networking
- To check a mobile phone every few minutes for any notification on Facebook
- to check your social media for updates

- To create an account
- To send instant messages
- To chat with friends
- To chat in private/ an open discussion



- To post comments on what a friend has posted
- To post a status update
- To post a photo
- To post a video



- To upload pictures, videos onto facebook
- To share photos, videos
- To share content on social networks
- To accept "friend's" request
- To tag friends on pictures that involve them



- To steal personal information
- To spread/receive malware
- To receive spam messages
- To spot phishing attacks
- Cyber criminals
- cyberbullying

 Online life overshadows one's real life

To feel bored on a s.n.

To lose interest in s.n.

To be overwhelmed with s.n.

To amplify one's depression

To give negative emotions

 To feel stressed, upset when nobody comments your updates

To get likes on Facebook

To be proud

