



## 5 Things Not to Post on Social Media

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**Common sense seems to dictate that social media is taken over our normal daily activities. Everywhere you go, you can find someone one on Twitter posting their latest rants, or on Facebook sharing great moments with family and friends. Then, there is Instagram and Snapchat, where you find trouble if you're not careful. **When it comes to the topic of sharing yourself with world,****

most of will readily agree that some exposure is okay. Where this agreement usually ends, however, is on the question of are these social media outlets really helpful? Whereas some are convinced that it's harmful to human interaction, others maintain a neutral stance on the issue altogether. If you are going to participate in a virtual social culture here are five things you should not engage in:

## Chronically Oversharing Since 2006

- 1. TMI:** There is a way to celebrate your achievements, whether big or small, but oversharing that information can become annoying very, very fast. Some find the need to share things that are really no one else's business. You know who you are. This could put off some people, including your own friends. Yes, my friends are on my Facebook feed, however, I don't want to keep getting push notifications about what you ate, photos of you sitting in your tea tree oiled bath and especially don't want to see the sweat from your workout. We get it, you're at the gym. I know you're at the gym because an hour ago you posted your location. In a study published in *The Journal of Social and Personal Relationships* called *Self Disclosure and New Communication Technologies* -conducted by Stephen Rains at the University of Arizona -suggests that friendships on social media could either harm or

help the relationship. He states, " For people who had a lot of contact with the friend, the more superficial disclosures their friend made, the less satisfied they were with the relationship and the less they liked their friend. However, for friends with whom they had less contact, the amount of superficial disclosures didn't affect liking." **At first glance, these friends might say the friendship is solid. But on closer inspection the more mundane information thrown out there, the more that friend starts to despise them.**

**2. Drinking: Although posting photos of you drinking may seem trivial, it is in fact crucial in terms of today's concern over whether or not you**



**have a serious issue with alcohol.** For instance, a drink I recently discovered had to be shared with friends and family via Facebook. A simple cocktail perfect for beating the summer heat wave. However, that will be the only how to post on my page because sites like these can define an undesirable image. According to Paul O'Reilly from [verizonwireless.com](http://verizonwireless.com), constant stream of

photos showing you with a drink in your hand might lead people to think that, well, you constantly have a drink in your hand.” **Mr. O’Reilly is right that certain common patterns can be found social media.** So, let’s not post your binge drinking for everyone to see, such as your boss.

- 3. Private photos:** Are the photos you send really private? With text messaging, Instagram and Snapchat as the leading platform in photo sharing, there are risks even when you post private photos via Instagram’s Direct Messaging. Yes, it will not appear on your feed, however, the intended photo could do more harm than good. Just ask former U.S Rep., Anthony Weiner.



- 4. False Self Image:** Also known as Catfishing, thanks to popular movie turned MTV series, catfish profiles

are more common than you think. Some feel exaggerating one's image, lifestyle, or even their age and name. Moreover, some take it as far to attract someone who otherwise would look the other way. For reasons only the creator of the faux profile knows, an unsuspecting person could turn into a dangerous one. **In an article for HuffingtonPost.com, Facebook is Just a Place for Narcissist and Neurotics to Show Off** **Dainius Runkevicius complains that,** "Due to the fact that people tend to use Facebook as a self-expression tool, they usually embellish the truth and hide the unpleasant or embarrassing aspects of their lives. As a result, we see only the bright side of others' lives. This really harms people's perception of reality and, sooner or later, it can lead to the jealousy and



the feelings of inadequacy or resentment." **In making this comment, Runkevicius urges us to just be ourselves.** There is no one in the world like you, so

don't be afraid to be you.

5. **Trolling:** I cannot stress enough the psychological damage done to those affected by bullying. We all have had some form of bullying in our formative years, nevertheless, cyber bullying takes it to a whole another level. As it affects children as well as adults, the emotional and physical damage is irreversible. Dr. Randy A. Sansone, a professor in the Departments of Psychiatry and Internal Medicine at Wright State University in Dayton, Ohio, says on



*The Consequences of Bullying*, “In the aftermath of being bullied, victims may develop a variety of psychological as well as somatic symptoms, some of which may persist into adulthood.” **I wholeheartedly endorse what Dr. Sansone calls “somatic symptoms”**. These symptoms include anxiety, depression and physical ailments which ultimately turns into suicide if not addressed in a timely manner. We all have enough to deal with in our confused lives as it is. Let us all take a stand against cyber bullying by not participating, but please speak up if you witness such an atrocity.



In conclusion, then, as I pledge, these are not mere suggestions as stated earlier, social politeness goes a long way. To offenders of social media, you can't have it your way. Social media means a cyber community engaging in joyous activities together- with no absolute need to gossip, bully and overshare; no place for drunkenness and naturism- just a platform for closeness and to be our true selves.

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