

Posting selfies on social media can be bad

13th November, 2018



Using social media too much and posting many selfies have caused a rise in narcissism, according to a new study. Narcissism is when someone becomes very selfish and

believes they are very talented and beautiful. They need attention from other people and think they are better than everyone else. Researchers at universities in Swansea and Milan found that heavy users of social media sites like Facebook and Twitter showed a 25 per cent rise in narcissism in just four months. The researchers studied how 74 people aged 18 to 34 used social media and looked at how their personality changed. They said that posting selfies seemed to increase levels of narcissism in a way that text messaging does not.

Professor Phil Reed, from the Department of Psychology at Swansea University, said: "There have been suggestions of links between narcissism and the use of [selfies] on social media, such as Facebook, but until this study, it was not known if...using such platforms is associated with the...growth in narcissism. The results of this study suggest that...posting selfies can increase narcissism." Professor Read said that "about 20 per cent of people may be at risk of developing" narcissism. This is because they want attention and likes from other people after they post a selfie. They also want to show others how their life is better or how they are more beautiful or attractive.

Sources: independent.co.uk / scotsman.com / dailymail.co.uk

Writing

You cannot use social media too much. Discuss.

Chat

Talk about these words from the article.

social media / narcissism / selfish / attention / universities / personality / links / text messaging / platforms / growth / study / selfie / risk / beautiful / attractive

True / False

- a) Narcissism is when people care about others more than themselves. T / F
- b) Narcissists think they are better than everyone else. T / F
- c) Posting many selfies increases the risk of narcissism by 50%. T / F
- d) Researchers looked at 74 people in their twenties and thirties. T / F
- e) A professor suggested there was too little research on this issue. T / F
- f) The professor said his study suggested selfies lead to narcissism. T / F
- g) The professor said 20 per cent of people are at risk of narcissism. T / F
- h) Narcissists want to show others how bad their life is. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|-----------------|
| 1. narcissism | a. like |
| 2. study | b. character |
| 3. talented | c. good-looking |
| 4. rise | d. research |
| 5. personality | e. upload |
| 6. links | f. increase |
| 7. such as | g. self-love |
| 8. risk | h. connections |
| 9. post | i. chance |
| 10. attractive | j. gifted |

Discussion – Student A

- a) What do you think of narcissism?
- b) How selfish are you?
- c) How often do you upload selfies?
- d) What do you think of Facebook and Twitter?
- e) Does your personality change when you are on social media?
- f) What would people do if there was no social media?
- g) Do you care about how many likes your posts get?
- h) Have you had any bad experiences on social media?

Phrase Match

- | | |
|------------------------------------------|-----------------------------|
| 1. posting many selfies have caused a | a. platforms |
| 2. They need attention | b. changed |
| 3. social media sites | c. risk |
| 4. looked at how their personality | d. or attractive |
| 5. posting selfies seemed to increase | e. rise in narcissism |
| 6. using such | f. how their life is better |
| 7. associated with the | g. like Facebook |
| 8. about 20 per cent of people may be at | h. levels of narcissism |
| 9. They also want to show others | i. growth |
| 10. how they are more beautiful | j. from other people |

Discussion – Student B

- What do you think about what you read?
- Are you narcissistic?
- What do you think of selfies?
- What are the bad things about social media?
- What are the best things to post on social media?
- Has social media made your life better?
- How could social media sites make their platforms better?
- What questions would you like to ask the researchers?

Spelling

- when someone becomes very hilssef
- They need otntiante from other people
- aehyv users of social media
- a 25 per cent rise in asssciirnm
- how their roistaypeln changed
- text gnismaseg
- the remtadnpet of psychology
- There have been ugoiestssgn
- using such rsmtplaf
- sdtcaisaeo with the growth
- posting selfies can eriacesn
- more beautiful or catittaevr

Answers – Synonym Match

1. g	2. d	3. j	4. f	5. b
6. h	7. a	8. i	9. e	10. c

Role Play

Role A – Selfies

You think selfies are the best kinds of photos to post on social media. Tell the others three reasons why. Tell them what is wrong with their photos. Also, tell the others which is the least interesting of these (and why): lunch, children or cats.

Role B – Lunch

You think photos of lunch are the best kinds of photos to post on social media. Tell the others three reasons why. Tell them what is wrong with their photos. Also, tell the others which is the least interesting of these (and why): selfies, children or cats.

Role C – Children

You think photos of children are the best kinds of photos to post on social media. Tell the others three reasons why. Tell them what is wrong with their photos. Also, tell the others which is the least interesting of these (and why): lunch, selfies or cats.

Role D – Cats

You think cats are the best kinds of photos to post on social media. Tell the others three reasons why. Tell them what is wrong with their photos. Also, tell the others which is the least interesting of these (and why): lunch, children or selfies.

Speaking – Posts

Rank these with your partner. Put the best kinds of posts at the top. Change partners often and share your rankings.

- | | |
|--------------------|------------|
| • travel photos | • selfies |
| • memes | • lunch |
| • words about love | • cats |
| • politics | • children |

Answers – True False

a	F	b	T	c	F	d	F	e	T	f	T	g	T	h	F
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Answers to Phrase Match and Spelling are in the text.