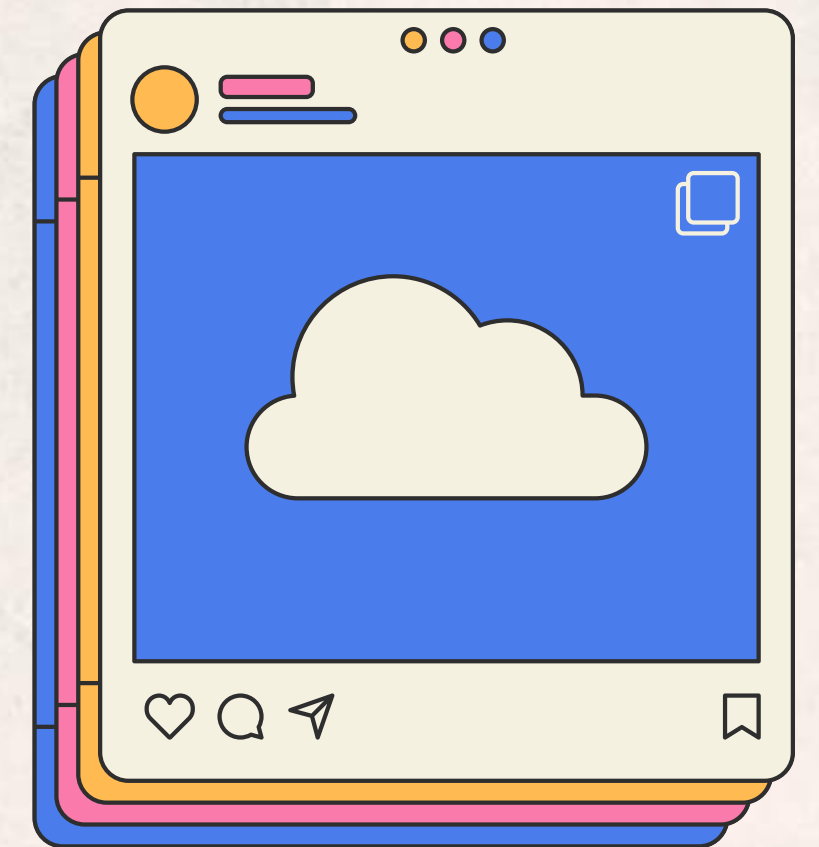
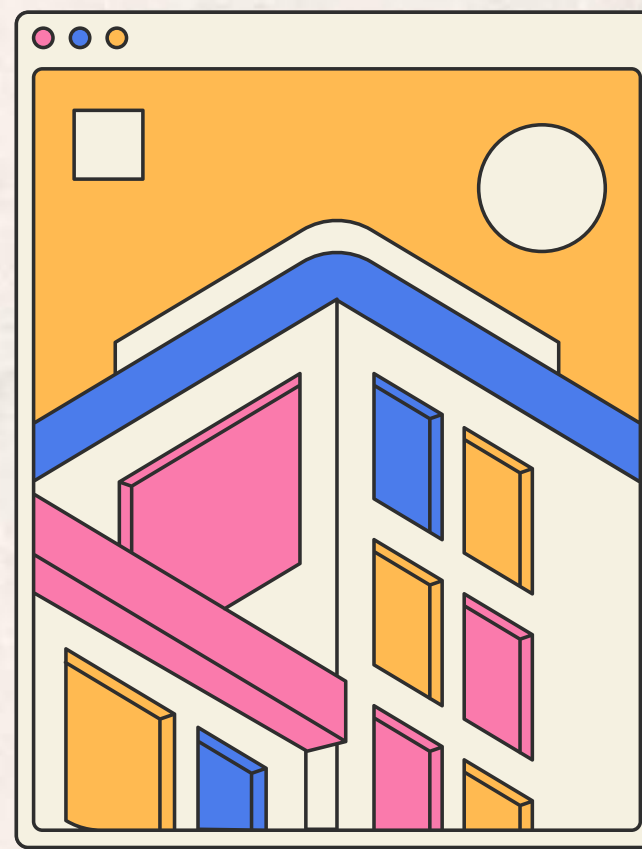
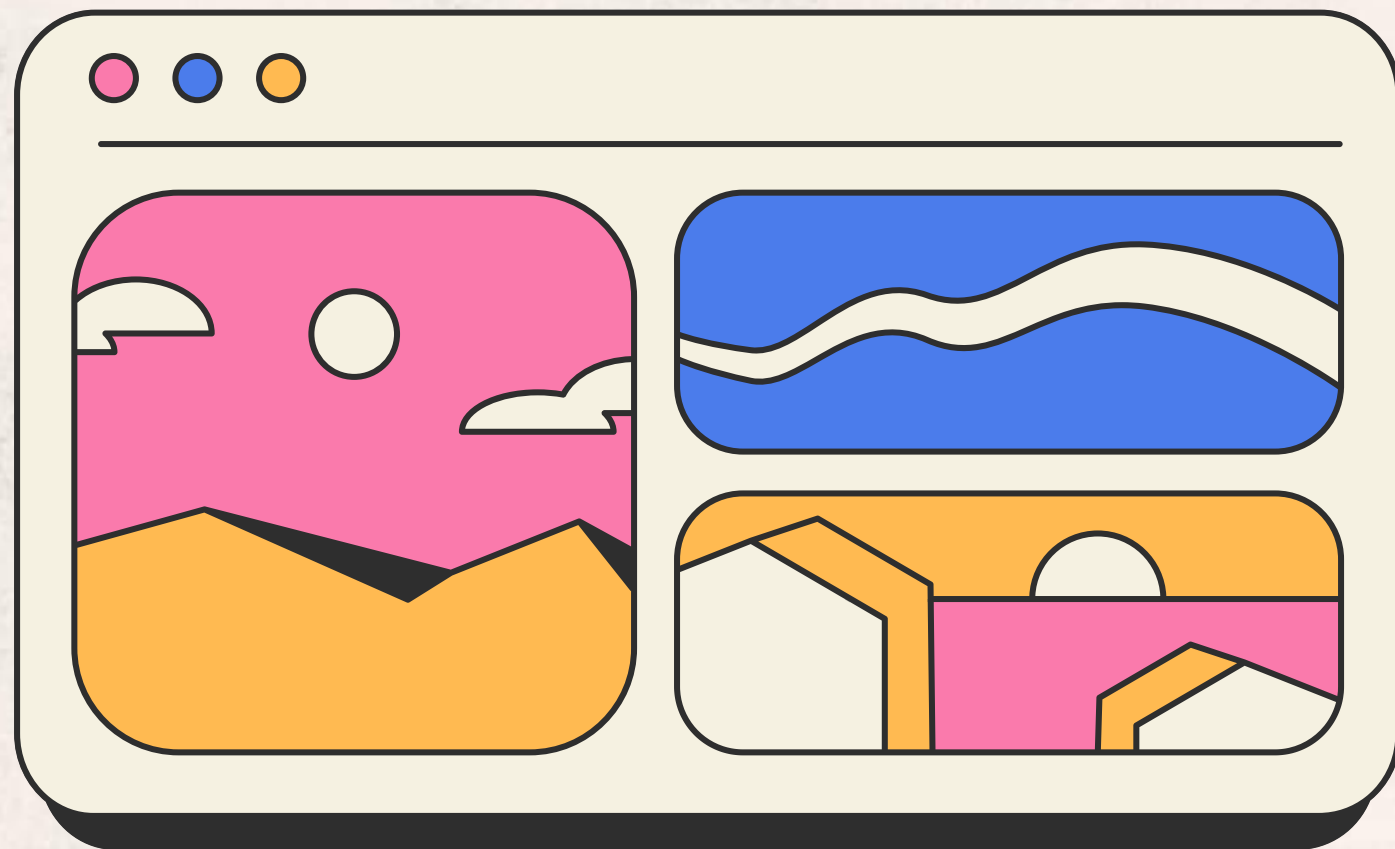
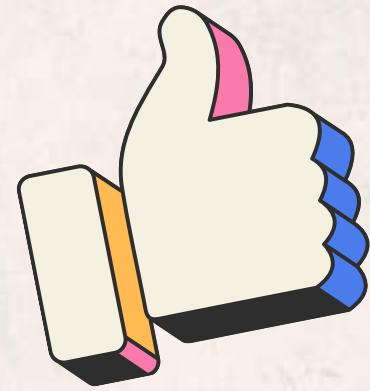


WORKSHOP 1



Advantages and disadvantages of Social Networking



Diego Aguilera Martínez

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3. Information happens in real-time blocks on social networks



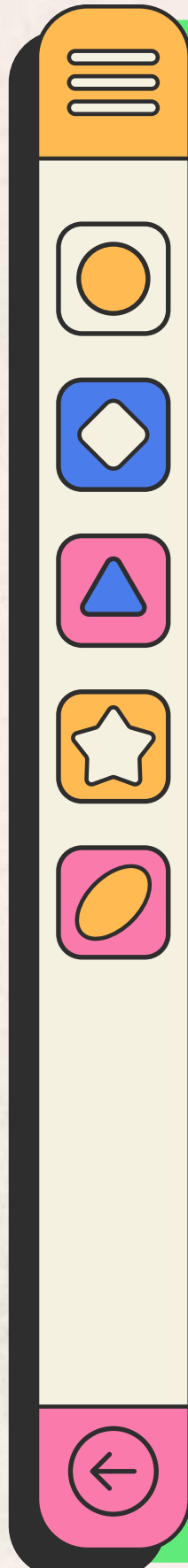
5. Being on a social network is a lot of fun

11. There are privacy issues to consider with social networks.



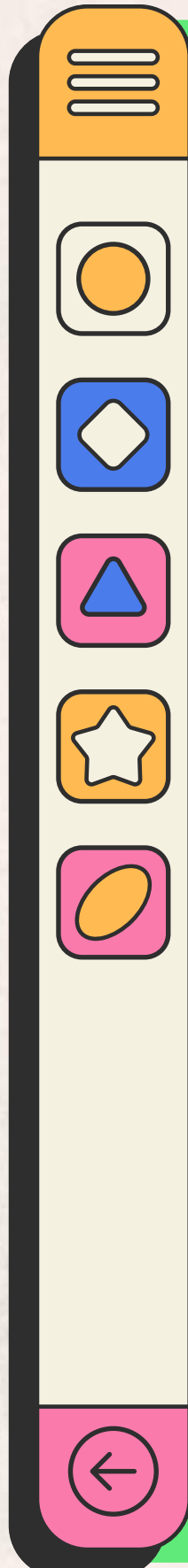
15. It can disrupt your sleep cycle.





3-INFORMATION HAPPENS IN REAL TIME BLOCKS ON SOCIAL NETWORKS

Before the internet we had to wait for the newspaper to come and when the TV appeared you still had to wait and watch the news. But now you just got to search it up really quick and that's all. You can even set alarms for special news that you want to know about the moment they get out.



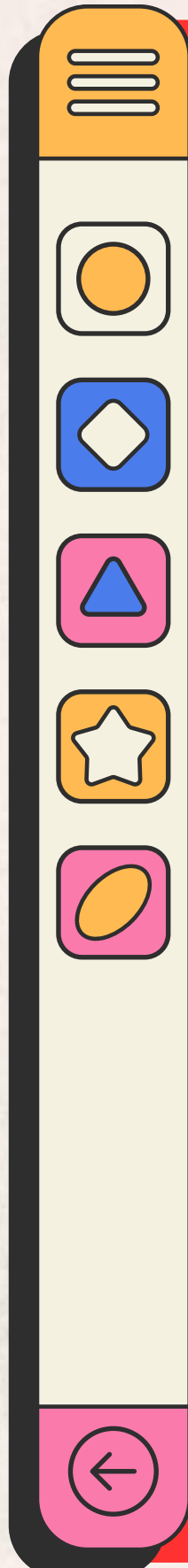
5. BEING ON A SOCIAL NETWORK IS A LOT OF FUN

The average person spends between 35 and 45 minutes each day on their favorite social networks. Some people might say this is an addiction, but it wouldn't be like that if people didn't have fun communicating with other people or staying up to date on the latest news and information. Humans are social creatures by nature, so it's satisfying to have likes, hearts, or comments left on a post. You can create friendly conversations in the comfort of your home while seeing what everyone is doing without having to ask them.



.11. THERE ARE PRIVACY ISSUES TO CONSIDER WITH SOCIAL NETWORK

One of the biggest problems comes in the moment of download the Social Media app, since the large number of permissions that are requested make us not realize the risk, and it is giving more data than necessary. For example, most apps allow you to detect your location in real time, which is very dangerous for minors, so that other people can share your photos.



.15. IT CAN DISRUPT YOUR SLEEP CYCLE

Several studies have shown that interacting with electronic devices before going to bed causes chronic insomnia. That is because it decreases the secretion of melatonin, a hormone that regulates the sleep-wake cycle, and increases the levels of cortisol, a stress hormone. So it is better to use the mobile phone at a different hour.

Thank you!

