

Social Media is a Double Edge Sword.

1- Introduction

2- How Social media is a Double - Edge Sword

2.1. Cyberbullying and Online Harassment

2.2. Spread of Misinformation

2.3. Difficult to focus on Real Life Conversation

2.4. Erosion of Traditional Culture

2.5. Increase the risk of 5th Generation Warfare.

2.6. Tool of political victimization.

3. Positive factors that contribute to Social media being a Double - Edge sword

3.1. Connectivity and Community building

3.2. Access to information and knowledge

3.3. Self - Expression and Creativity

3.4. Business and Career Opportunities

3.5. Support Network and Resources.

4- Negative factors that contribute to Social media being a Double-Edge Sword

4.1. Addiction and Decreased productivity

4.2. Social Isolation and decreased face to face interaction

4.3. Sleep deprivation and mental Health Concern

4.4. Online Echo-Chamber and polarization

4.5. Privacy Concern and data Security Risk.

5. Some Ways to avoid Social Media.

5.1. Set Boundaries limit screen time and prioritize offline activities

5.2. practice Self Awareness

5.4. promote Digital Literacy

5.5. Support Mental Health initiatives.

5.6. Implement Algorithmic changes

- 5.7. Collaboration with Tech Industry
- 5.8. Data protection Law
- 5.9. Foster a balance digital culture
- 5.10. Increase Transparency.

6- Conclusion.

