









out. Parents of teenagers and children need to be wary of cyber bullying.

<i>Authors,Year</i>	<i>Title</i>	<i>Objective</i>	<i>Finding</i>
Honor whiteman,2014	Social media: how does it really affect our mental health and well-being?	two thirds of participants reported difficulty relaxing and sleeping after they used the sites, while 55% said they felt "worried or uncomfortable" when they were unable to log onto their social media accounts.	From All that points and objectives we can clearly see how much can impact the social media on teenagers specially students. It impact in many facts such as time, health, ethics, education and communication.
Ellen Niemer,2012	Teenagers and Social Media How to connect with—and protect—your kids online	From that all studies we can clearly see that more than half of teenagers that are using social media affected from SNS (Social Network Sites). Even if that impact was not on health or study it is on time that they spend in using social media.	Social media cause various problems in our society. Face to face communication has lessened in recent years, because you can just tweet or write on your friend's walls. Social networks are also addictive; people spend so much time on them that they aren't accomplishing what they should actually be doing. Every single day more and more people join social networks and begin to experience the negative effects of these sites. Social networks are detrimental to teenagers and children because communications skills are affected, users can become addicted to these sites, and cyber bullying is prevalent.
K.Nola Mokeyane,2012	THE INFLUENCE OF MEDIA ON TEENAGERS	the negative effects associated with teens' social media use include : <ul style="list-style-type: none"> <li>• Cyber bullying and online harassment</li> <li>• Sexting</li> <li>• "Facebook depression"</li> <li>• Lower school grades</li> </ul>	However what are the solutions for all of that? The main solution is to help teenagers in understanding well how much is danger this kind of things and it can happened just from their parents. For example cyber bullying parents of teenagers need to be wary, can look out for mood shifts after being online can be a good indicator that the teenager is being cyber bullied. Keeping an open dialogue, teaching positive online behavior and checking in on teenager's social networking behavior are important.
Jeff Dunn,2011	10 Best and Worst Ways Social Media Impacts Education	Social media impact on the education of teenagers students while it reduced focus on learning and retaining information and on their ability to concentrate on their tasks. Students who spend a great deal of time on social networking are less able to effectively communicate in person.	
National Crime Prevention Council,2011	Stop Cyber Bullying before it starts	Cyber bullying is so serious because "victimization on the Internet through cyber bullying is increasing in frequency and scope. Electronic bullies can remain "virtually" anonymous"	
Pew Research Centre's Internet & American Life Project,2010	Teens and Social Network Communication Practices	Face to face communication among children and teenagers is being squashed out by social networks. A phone call isn't used to get in touch with someone anymore, Facebook and Twitter are the main tools of communication.	

*Pew Research Centre's Internet & American Life Project*

#### 4. Research Method

As the search terms of data can be obtained easily and frequently, the nature of the research will be quantitative, it is because we do not need much of details as qualitative research and may miss a desired response from the participant, more than that we can use statistics to generalise a finding. The research will conduct using questionnaire, which will distribute to about 200 students from different college schools. After that a critical analysis will carry out of the facts and figures that will collect.

##### Population:

The main target population for the study will be the students from college school.

##### Variables:

The variables that we will select in this research are:

- Social networking sites as independent variable.
- Students as dependent variable.

##### Questionnaire

- 1- What gender are you?  
 A- Male  
 B- Female

2- Do you use social networking sites?

- A- Yes  
 B- No

3- Why do you use social networking sites? ( May choose more than one option)

- A- Studying  
 B- Playing games  
 C- Chatting  
 D- Making friends  
 E- Other

4- How often do you access on these social networking sites ?

- A- Once a month  
 B- Once every two weeks  
 C- Once every week  
 D- 2-4 times each week  
 E- 5-6 times each week  
 F- Every day

5- How long do you spend on these sites each time you visit?

- A- Less than an hour

- B- 1-2 Hours
- C- 2-3 Hours
- D- 3-4 Hours
- E- More than 4 hours

6- To what extent do you think social networking sites are affecting your studies?

- A- Seriously affecting
- B- Slightly affecting
- C- No impact
- D- Slightly helping
- E- Seriously helping

7- Do you feel that if you were to not participate in social networking you would be missing out?

- A- Yes
- B- NO

8- Do you feel that through any online social networks you belong to a community?

- A- Yes
- B- No

9- Did you face any kind of Cyber bullying from social networking sites?

- A- Yes
- B- NO

10- Select THREE of the following statements which you feel you agree with most of all:

- Social Network Sites are very useful to me academically.
- Social Network Sites cause a distraction to my educational work.
- Social Network Sites help to develop my social skills.
- Social Network Sites play a large role in my campus life.
- Social Network Sites do not distract me from my educational work.
- Social Network Sites play no role in my campus life.
- Social Network Sites do not help me keep in touch with class mates or colleagues.
- Social Network Sites are of no use to me academically.
- Social Network Sites do not help to develop my social skills.
- Social Network Sites help me keep in touch with class mates or colleagues.

11- If your answer was YES , did you inform anyone from your family ?

- A- Yes
- B- No

12- If you do not use social networking site why you do not use it? (May choose more than one option)

- A- It's boring
- B- Not interested
- C- I have no friends
- D- Others

## References

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