D DAY!

by:
Aileen P. Navarro
Teacher III, Bataan School of Fisheries

Social Media is such a great help these days. There are a lot of Platforms available on the Internet for us to communicate with our loved ones. Everything is just real-time, everything is just a click away!

It seems that whatever we do, we post it on social media. Everywhere we go, we made it known to social media. What every emotion we have, we post it on social media. Whenever we feel happy or sad we tell it to the public. Every frustration, every achievement, all the disappointments, anger, everything we feel we made it public through posting on social media.

Access yourself, have I hurt someone lately because of my post? Have I hurt someone because of my shared post? Social media is not a bad thing; it only gets worse when humans don’t know how to use it properly. Social media platforms are not created to bring chaos among humans. Instead, it is created for humans to feel closer though miles away from one another.

If you are guilty and feel that you used Social Media to hurt someone, have that D day! D stands for Delete Day. Have that allotted day where you go back to your posts and have that D day of all the negative, all that is a hurtful post that you have. Deleting something is not a bad idea especially if it leads to living peacefully and harmoniously with one another. Have that D day and start posting positive things so that positive things will come your way.
References:

[1] https://www.slideshare.net/syedmzeeshanahmed/social-media-etiquette-24849313