

Consequences of Social Media use Among Adolescents in Nigeria

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Abstract:- This paper focused on the consequences of social media use among adolescents. Its objectives were to reveal the unfriendly consequences of certain social media activities on the health of young people and how such activities can propel risky behaviours among them. The paper also sought to unveil the effects of the abuse of social media practices among adolescents on real life situation and how these acts can be prevented. Social media in the paper was defined as those internet-based social websites or social network sites such as Face book, WhatsApp, 2go, Instagram, Twitter, Baidu Tieba, Pinterest, LinkedIn, YouTube, that serve as instrument for interaction between person to person, or group of persons. Extensive highlights and discussions on the consequences of the use and abuse of online social activities of young persons were addressed. These consequences included the propagation of indecent dressing, sexual abuse, premarital sex, hook-up, sexting, pornography and sexual solicitation. Other consequences of social media abuse as discussed in the paper were cyber bullying, sexual promiscuity, exposure to ritualists and death. In order to reduce the negative effect of this social problem on young people, the paper recommended among others that the Ministry of Education (Federal and State) must as a matter of urgency add to their curricular –Social media education for both the primary and secondary schools. The present study further recommended that the adolescent should be guided on the use of conventional Medias such as television, radio, and newspapers. Diverting attention to these traditional media could help to reduce the use of phones and computers which provide access to social network sites that are capable of ruining them.

Keywords:- Consequences, Social Media, Adolescents, Nigeria.

I. INTRODUCTION

Human being is known to be a social entity hence research efforts over the years focused on improving the means of communication between human and his surroundings. The Technological achievement made so far in the area of information as well as communication has helped to make the world a global village with no limitations. An important success recorded regarding information and communication technology (ICT) in recent times is the arrival of a modern media which enhances the development of

diverse social avenues of communication through the media [1]. It is obvious that in today's world social media assumes a prime position as far as ICT is concerned [2]. This is certainly due to the fact that social media offers no barrier with respect to interactions between people, circulation of information, maintaining multiple relationships, and trading [1].

Social media refers to a set of related software of the internet developed in line with web principles and scientific innovations which permits the input and exchange of contents of the individual using it [3]. Another definition of social media conceives it as a computer based scientific innovation that encourages the development and circulation of messages, businesses, opinions, expressions and personal endeavours through visible communication linkages [4]. In this paper, Social media are those internet-based social websites or social network sites which permits the translation of communication into conversation among individuals, corporate bodies and communities. These social media include WhatsApp, MySpace Facebook, Twitter, WhatsApp, Baidu, Tieba, and Pinterest [3]. Others are Snapchat, Weibo, Viber, Flicker, Google+, 2go, Instagram, You Tube, Tumblr LinkedIn, Gab, and We Chat. These social linkages generally create opportunity for individuals using it to interact with well wishers, share pictures, opinions, audio-visuals, meet themselves and remain together. Pavlik and MacIntoch [5] revealed that there has been a steady rise in the popularity of social Medias in all parts of the world since they came into operation. Verster [6] also stated that social media in recent times has taken a prime position in ICT and thus has become the main source of internet interaction and collaborative efforts amongst people. The status of social media use among adolescents in Nigeria, indicates high utilization rate especially with respect to You Tube, facebook, LinkedIn, WhatsApp, Pinterest, 2go, Instagram and Twitter. In the past before the establishment of these social networks it was apparently very difficult to relate with people living in a far distance but today the experience is different. It has become very easy to communicate to people no matter where they reside without much stress and cost. Just with the punch of a key a message can be sent to different persons in different locations at the same time [7]. This of course is one of the great advantages of social media over other means of communication. It has made business, politics, education, sports, and social life effortless and easy. Apart from making life activities easy social media helps to bring people together as one and encourages high social living. Those who use these

means of communication have the privilege of reaching friends and families, making new and reconciling with old and forgotten friends. It enables individuals to maintain contact with loved ones even when they are staying very far away. Again these social linkages fosters inter person interaction, help people remain together through sharing life experiences, self pictures, audio-visuals and all manner of information, without out meeting physically [8].

Nonetheless, amidst all sociological benefits, social media or social network site have regrettably contributed to social and psychological effects among adolescents in several countries, including Nigeria. Tapscott as cited in Awake [9] reported that although social media sustains human friendship and socialization processes, it is yet to satisfy all the social desires of human beings. This author thus posited that irrespective of the fact that social media help people to maintain contact with one another when they are physically apart, it can amazingly put people who are living together in the same away from each other. The fact that scientific innovations could provide amazing life benefits to the adolescent is not contentious; however the abuse of such could also prove to be very harmful since it can wrongly be used or manipulated to harm others. For instance social media software's like facebook , Twitter, WhatsApp, LinkedIn, Pinterest, You Tube, 2go, and their web sites, Email, chat rooms as well as devices such as mobile phones and mobile phone cameras have been found to serve as bullying weapons especially among contemporaries. The use of social media as a weapon of threat has become a serious social health menace all over the world with many cases documented in Canada, USA, Australia, Japan, United Kingdom, Scandinavia and New Zealand. Despite the increasing reports regarding the negative consequences of social media use among young people, studies have shown that this area of concern have not been given adequate attention and thus remains scarce within research literature [10]. Committee on Communications, American Academy of Pediatrics [11], expressed worry over the increasing rate at which young person's exchange sexual contents using the social linkages and the possible dangers of this act on adolescent sexual life.

Scholars have clearly reported an increase in the occurrence of sex discussions and demonstrations of sexual acts through social media, and the relationship between pingin, charting, sexting, texting, and other sexual related activities such as sending nude pictures, sexual messages, videos and self pictures among adolescents [12]. This undoubtedly emanates from adolescents intense desire to use these social networking sites. Hence this paper aims to carefully examine the sexual implications of social media use among adolescents. Adolescence according to Larson & Simonis [13] is the stage of life between childhood and adulthood. This is a time when one undergoes dramatic changes physically, emotionally, and even socially. Carmona & Stewart [14] concurring with Simoni's adds, that adolescents at this stage demonstrate objection to common rules and refuse local heads just to be independence. These

authors added that a large of young persons who refuse traditional rules end up being involved in behaviours that could harm them which include the exploration of sexual contents through the social media. Adolescents are likely to become familiar with the use of sexual contents in social networks during the period of physical growth when their sexual functions, behaviour and attitudes are yet to be formed. This group of children are highly susceptible to social media at this stage of development owing to the fact that the intellectual ability which they need to carefully understand social media messages, take actions based on future expectations is yet to be well developed [11]. Consequently, little involvement in the use of sexual contents through the media linkages could cause the young person to put aside both family and religious ideals as well as moral teachings from significant adults and get lured by all these sexual content through charting, texting, sexting, pingin, watching and other sexual activities. All these online sexual activities have inadvertently given rise to sexual implications, especially among adolescents in Nigeria.

II. CONSEQUENCES OF SOCIAL MEDIA USE AMONG ADOLESCENTS

The consequences that resulted from social media use and abuse among adolescents includes: Indecent Dressing, Sexual Harassment, Premarital sex, HIV/AIDs and other sexual transmitted infections, pornography, hookup, Sexting, Sexual solicitation, cyber bullying, Sexual Promiscuity, Victims to Ritualists. These shall be discussed in the succeeding sub-headings:

A. *Indecent Dressing*

The problem of indecent dressing among adolescents with respect to higher schools has increased as a result of indecent use and abuse of the social media. As once stated, it is possible to send and circulate messages, personal pictures and information through most of the social media linkages. This very act of uploading and circulation information by users is often abused. Some users capitalize on this to circulate nude pictures of self or that of a well known star. Through the social media it is common to see unexpected pictures of females putting on a very short and body revealing dress, or pant alone, or boys with trousers almost falling out of their waist besides "sagging". Social linkages like facebook, pinterest, Flicker, allows people to showcase their businesses through which adolescents capitalize on to advertise pictures of themselves or other females wearing trendy clothes that exposes almost the sexual parts of their body. Advertizing the nakedness of females and males through the social media has actually contributed to the poor dressing attitude of young persons in Nigeria and suggests in part the reason for the incidence of sexual attacks, harassment and rape in the country [16] [15].

B. Sexual harassment

Sexual harassment could be seen as unaccepted sexual act [17]. Within the school, sexual harassment may be described as unaccepted sexual advancement which could obstruct schooling processes. Practical examples of this immorality include verbally making sexual advances, body movements, showcasing sexual body revealing pictures, and applying force to have sex with someone. Sexual harassment could occur physically by meeting the person, and or through the media by sharing paintings of sex images, nude pictures and videos, advancing sexual illicit jokes and making a public of one's sexual skills. Others are Bullying sex or gender based bullying, spreading false news of sex in the media [17]. The most server social consequences of sexual attacks on the adolescent is its undue influence on the right of a student to acquire freely education like others. Highest degrees of sexual harassment include coercive sex, forceful dating and forceful sexual act accompanied with violence. These forms of sexual harassments have very severed health implications and thus attract the attention of the law enforcement agents.

Sexual harassment as an unwanted sexual behavior interferes with a student's right to receive an equal education [18]. The physical and social health problems engendered by sexual harassment have become a great burden for adolescents to contend with. The scientific invention which obviously has contributed immensely in assisting student's academic exercise has also turned into a dangerous snare which they easily get into with severe consequences. Some students due to social media involvement become slaves of sexual harassment or an offender of which most times is carried out through sexual charting, texting and demands among their friends, teachers, and seniors at school. This ungodly act often affects student's academic efforts with a consequent poor quality of education and life in the society at large.

C. Premarital sex

Social media provide special surroundings for young children to be involved in a kind of courtship that encourages sex before actual marriage [19]. Many research which was conducted to find out factors that determine preferred type of courtship in the higher schools [20], [21], [22] show that young boys and girls frequently have casual sex which at times is referred to as campus couple, or 'hooking up. These studies also indicated that such sexual act among students are usually developed through the social media sites namely, Facebook, Myspace, Twitter, Flickr, WhatsApp, and 2go as well as blogs, videos, games, mobile telephones and Global Positioning System (GPS) devices [23]. These web applications presently helps as a very simple, quick, and trusted means of messages for dating and other sexual activities. It help them to interact and decide on where and when to meet for sexual purposes. Premarital sex increases the risk of unintended pregnancy, school dropout, poverty, sexually transmitted infections including HIV/AIDS, and death.

III. HIV/AIDS AND OTHER SEXUALLY TRANSMITTED INFECTIONS

The two sided nature of the use of the social media among adolescent is rather becoming more and more disturbing and regrettable [24]. On one hand it serves as a channel of socialization and propagation of preventive actions regarding HIV and STIs, on the other side users explore the social media as a means of promoting sexual pervasion all over the world. In a world when problems related to sexual reproductive health and human rights continue to pose serious threat to human life especially adolescent health, it becomes necessary to investigate the wrong application of these social media platforms with respect to their roles in the occurrence of HIV/AIDS disease and other STIs especially in under developed countries where the utilization of these scientific innovations hold sway. Social networking platforms have features such as chat rooms for flirting; adolescent/adult-hook ups. Adolescents are constantly glued to these chat-rooms via the social networking sites. Ifekandu [25] noted that these virtual spaces are now preferred by them for lewd conversations which they are not comfortable to engage in physical spaces. Virtual communities are being formed everyday on the social networking sites and most adolescents are part of these communities and as a result, new sexual behaviours are formed. There are changes in the way adolescents seek for sexual partners because in chatting, sexting and pinging, they have found a new way of communicating their sexual needs faster which brings about sexual and reproductive health misinformation. Social networking sites enhance their chances of meeting multiple casual partners depending on their sexual preference and practices and in most cases; engage in an unprotected sexual intercourse. Moreover, pornographic images shared and accessed via the social media increases their sexual desire and in their quest to quench their sexual desire, increases their HIV vulnerability [25]. Furthermore, Youths aged between 15 and 24 constitute Nigeria's heaviest users of social networking and highest prevalent rate of new-HIV infections [26], [27].

A. Pornography

The current increase of Internet related applications has remarkably altered the manner in which adolescent's encounter and uptake sexually explicit materials. Owens, Bechum, Manning and Reid [28] reported that through simple technology of fixing a phone line on a laptop the Internet becomes available on laptops, mobile phones, video game consoles, and other electronic devices. This implies that advancement in internet technology has made access to seductive actives and appearances via the media more possible and easy. Pornographic activities especially through the internet for many years now have steadily impacted negatively on adolescent development and social activities in unusual and diverse manners [29], [30], [31], [32]. Internet related devices have without limitations given all people irrespective of age the privilege of exploring, taking, developing and circulating sexual contents. An increasing number of research evidence reveals that this anomaly is on the increase among the youth

all over the world [33], [34], [35], [36]. Compared to other media, the Internet is seen as the most important area for sexting [37], [38], and evidences abound to that most young people either mistakenly or purposefully carry out pornographic activities online [36]. Based on these situations, it may be possible to think that adolescents' pornographic activities through the internet are higher than that of any other medium which is why the number and extent of sexual contents present on the Internet is overwhelming. The fast developing nature of technologically improved pornographic contents, further gives rise to uncontrollable increase in novelty and diversity of internet related pornography [39]. Controversial and unacceptable sexual practices which include: lesbianism, homosexuality, multiple sexual partners and forceful sex amongst the students are on the rise hence flooding nude images on the social media. Research has unveiled numerous sex sites in social media where youth indulge in sex with friends on the screens by fantasizing [12].

B. Hook Up

The definition of Hooking up is some worth confusing, however the concept has been conceived as a sexual act ranging from kissing to actual sex, especially between young people who are not legitimately married. In modern context hooking up is tied to non concrete sexual practice of undergraduates of higher institutions [19]. Social media offers avenue for the youth to communicate on where and how to meet for the purpose of engaging in actual sex, romance and kissing in a secluded place where no one will see them. Hooking Up is very common among students in the tertiary institutions especially in Nigeria.

C. Sexting

Sexting involves the distribution of naked, partly naked or body revealing images, seductive images or sending of sex texts to others through mobile phones and computers [12]. Although adults can engage in sexting, it is however most troublesome when children are involved. This is because sexting among minors could lead to public show, and attracts the heavy hand of the law [40]. With the availability of inbuilt camera mobile phones and the common use of texting in spreading of sex messages has become well known among adolescents. Numerous reasons abound which explains why this is so. First this is because sexting is learnt through peer pressure or due to the desire to belong to a group. A friend of the opposite may demand for pictures to be given, or at times picture could be sent to the other without any request. More so a young person simply could transfer a picture just to prompt the attention of a loved one. Statistical information indicates that almost 20 percent of youth especially from age 13-19 have in one or the other distributed naked images of self to others while about 67 to 71 percent of the youth sent to a friend of the opposite sex. Further, thirty-eight to thirty-nine percent of young children have been sent or seen naked picture of other people. These pictures were given to them directly or indirectly through another person. In every ten persons involve in sexting, one of them must have shared sex

related messages or pictures to people they have not known or those they only know through the media [41].

Due to exposure to sexual texts young persons whose picture was sent could be abounded by friends, subjected to ridicule or frightened. One fact about sexting that adolescents often undermine is that immediately a person's picture is sent to someone online, there is no assurance that the person will keep the text or image to himself or herself. Most often the receiver of the message might distribute it to both known and even unknown friends and even to internet. Once an image gets into the internet it could stay there indefinitely while available for everyone to see at any time and such information could remain in the net until the minor becomes a student of higher learning and thus such message may be seen by the persons teacher, employers, family members, potential relationships and children may ultimately come in contact with them in the future [42]. These may cause frustration, depression and suicide and death.

D. Sexual Solicitation

Another important means by which youth obtain sexual messages online is through sexual solicitations or witnessing them. Sexual solicitation refers to those actions that encourage individuals to discuss sex, carry out sex related behaviour, or distribute personal sexual information even when it is not requested by any one [43]. Sexual solicitation is more common among adolescents thus most solicitations among adolescents are from their well known contemporaries or friends [44]. The rate of sexual solicitation among adolescents ranges from 13 to 19 percent [36]. Sixteen percent of adolescents who make use of the internet reported the desire to meet those they talk to online but only eight percent of these have actually succeeded in achieving this desire [45]. Sexual Solicitations has been given serious public concern due to foreseen fears that it could at times lead to forceful sex and kidnap of a young person by an adult. Such solicitations could ordinarily affect adolescent thinking regarding sex, fosters the conception of sex as normative, and may be as seen as being dangerous or intimidating especially when solicitations are conceived like that. They most times engender in sexual behaviour when solicitations are accepted [44].

E. Cyber Bullying

In today's world a modern type of bullying has come to stay. This type of bullying employs the use of different forms of highly sophisticated scientific innovations. Cyber the name bullying which was formulated by Canadian Bill Belsey www.cyberbullying.ca, is a practice that young people increasingly adopt when they intend to harm others [46]. Cyber bullying carried out through mobile phones, email, text, mobile phone cameras, chat rooms, and web sites, is appearing a current means adopted by those that bully. Bullying involves sending assaultive texts, on mobile phones, and then circulating the text information to others after which it is finally sent to the actual person for which the text was meant for. It also involves giving frighten mails as well as distributing a secret mail of a person to all other contacts thus

embarrassing and disgracing the original sender of the mail. Others conspire against a student and saturate the student with too many dangerous mails [47]. Some people engage in bullying by creating an insulting website set aside just for some group of students, and sending others the web address as well as soliciting their observations. Additionally, at times people establish web permitting other people to make suggestions on certain amorous issues such as the hottest girl in the school [48]. Although the rate at which information moves and circulate to people through the social media serve tremendous benefits, its negative outcome especially with the presence of phonograph and bullying is rather dishearten.

To illustrate, it was reported that two young females murdered each other after they discovered that their pictures which portrayed sexual abuse were placed online. Similarly a boy of 17-year-old known as Rehtaeh Parsons was referred to as a prostitute and cajoled after pictures of his suspected sexual assault were emailed within the school. Audrie Pott, a girl of 15 years old posted online that she has been destroyed after she saw online the pictures of her suspected sexual assault by three boys [49]. Parsons and Pott are typical illustrations of the ever increasing trend of adolescent sexual bullying that is stimulated due to social media involvement.

In addition, Jessica Cleland of Wallan Secondary College in Victoria killed herself a year ago after bullies saturated her social media accounts with terrible information. As a result of her death her parents requested legal steps against those responsible for the act [49]. Michael and Jane Cleland who are the parents to Jessica declared their intentions of fighting the young boys who bullied their child to death and that the boys should be made to face the cyber bullying law [50]. Jessica Cleland was only 19 years when she murdered herself after she was sent a derogatory message through the Facebook by two young boys she taught were her friends. The mother and father of the victim girl observed that their daughter social media accounts were saturated with terrible statements the night before she died, and were anxious to see a change by law enforcement agents and Government of the day in order that culprits of bullying be prosecuted accordingly. Coroner Jacqui Hawkins [50] reported that Jessica's murder described the negative effect of the that social media especially on young people and thus observed that social medias such as Facebook and other are actually not good for the adolescent

F. *Sexual Promiscuity*

Sexual promiscuity is simply known as being involved in sexual activity with many persons. Okafor and Duru [51], defined sexual promiscuity as any behaviour of sex involving many casual friends. Misi [52] posited that sexual promiscuity implies the sexual utilization of self just for the sole reason of making money or any other life benefits. Ani [53] stated that “sexual immorality is now so popular in the country since the greatness of a person is measured by the number of persons she or he has sex with. Consequently, vices such as pre-

marital sex, lesbianism, and homosexuality and are no longer seen as an immoral act.

The state of social media has destructively made the issue of illicit sex worse since a person can without stress meet unknown person of opposite sex, establish relationships and make invitations through media sites [53]. This suggests that social vices that were unacceptable and anemic to traditional values and norms are today getting popular in the country. For Example, in an interview session organized by the News Agency of Nigeria (NAN) in Lagos, Bright Gbolahan made reference to a court case that arose due interaction through the Facebook. In this case the complaint reported that he meet a friend on facebook who invited him to the house. Getting to his friends house, the offender observed that his friend was a homosexual who invited him just to get him involved in Homosexual act. (www.nigerianssa.vingnigerians.org). Beside this scenario, social media sites serves as a means of distributing risqué, nude and sexual images, by young people which has contributed to the increase in sexual immorality and promiscuity in Nigeria.

G. *Victims to Ritualists and Death*

Social networking linkages have special sites like badoo, chat rooms for flirting and adult-hook ups which young people often explore and enjoy. These special sites enjoy heavy patronage from adolescent for unusual interactions involving so many young people's participating in the chat including unfamiliar persons [25]. As soon as members sign up they can talk and share messages, send pictures and videos to people they are not conversant with. This act makes young people susceptible to ritual killers. Users may observe and connect others who stay around them with the 'People Nearby' feature or in a separate town using the 'Search' feature. Through this means adolescents continue to make friends from people they know nothing about and thus expose them more often to ritual killers.

According to Abdullahi and Umar [54] sex deviant act may lead adolescents to be victim of ritualists. Majority of the discussants in the entire Focused Group Discussion “FGD” opined that those who engage in pre-marital sex become easy targets for ritual activities. Most people who were looking for human parts for ritual purposes give huge amounts of money to greedy and materialistic students, who possibly would end up with missing part or parts of his/her body or even his life. There were reported cases (as revealed by security documents) involving students and this has been a matter of serious concern to the security division of the university [54]. A female discussant explained that any relationship based on money has no benefit because the money cannot be there all the time. She said: She is looking for money, the man is also looking for money and if she is unfortunate the man may use her for rituals. A case of monkey going to the market and never returns [54].

IV. SUMMARY

Thus far the paper has explored consequences of social media use among adolescents, these are indicated as follows: Indecent Dressing, Sexual Harassment, Premarital Sex, HIV/AIDS and other sexual transmitted infections, pornography, hookup, Sexting, Sexual solicitation, cyber bullying, Sexual Promiscuity and Victims to Ritualists. The paper also highlighted social media site or Social networking tools as 2go, Tumblr, Facebook, WhatsApp, LinkedIn, Flickr, Instagram, Baidu Tieba, Pinterest, Gab, Google+, YouTube, Viber, Snapchat, Weibo, Twitter and WeChat. These social media site are avenues of converting communication into conversations between two or more persons, communities and corporate bodies. It allows those that explore it to come in contact with friends, share opinions, pictures, audio-visuals and stay in touch with people. As a platform for interaction it leaves adolescents with several alternatives to express their innate emotional desires beyond the confines of their physical location. Through the exchange of pornographic images, nude, and chats that go with it, the hunger for a sexual activity is activated; and in desperate need to quench them, leads to protected or unprotected sexual intercourse. Social media as we reviewed above can intensify sexual vulnerabilities among adolescents. Researchers have reported the increase in the occurrence of sexual discussions and demonstrations of sexual act in the media, and relationships between charting, texting, sexting, pingin and other sexual activities including sending sexual messages, videos and photos of one among adolescents.

Young children generally could become vulnerable to social media exposure during the stage of development which is the time when sex roles, behaviours and attitudes are yet to form. Children in their developmental season may be at higher for social media exposure because the intellectual ability that should help them to carefully consider information and to make meaningful decisions based on potential future occurrence has not been developed. This implies that little involvement in social media sexual activities will cause them abandon important virtues and messages passed unto them by families, religion, teachers and significant seniors and get lewd by all these sexual content through charting, texting, sexting, pingin, and watching. All these online sexual activities have inadvertently given rise to sexual implications, especially among adolescents in Nigeria.

V. CONCLUSION

This paper discussed the consequences of social media use among adolescents in Nigeria, and society at large. The benefits of these social networking sites, which included the improvement of work performance, enhancement of friendship, offering means of obtaining information and fostering academic research. Nonetheless higher focus was given to the sexual consequences of the wrong use of these social media sites especially among adolescents in the country. These included Indecent Dressing, Sexual Harassment,

Premarital sex, HIV/AIDS and other sexual transmitted infections, pornography, hookup, Sexting, Sexual solicitation, cyber bullying, Sexual Promiscuity and Victims to Ritualists. Notwithstanding these sexual effects of the state of social media in the country, one can no longer imagine a world with it. Therefore, all hands must be ready particularly that of parents and adolescents themselves, to reduce the social media-induced sexual degeneration among adolescents that is currently been witnessed in the country.

VI. RECOMMENDATIONS

To actually control or curb the sexual consequences of social media phenomenon among adolescents in Nigeria, the following recommendations were made:

- The Ministry of Education (Federal and State) must as a matter of urgency add to their curricular –Social media education for both the primary and secondary schools. Also compel the head teachers and principal of various schools to organize lectures, rallies, seminars and film shows to their pupils and student on sexual consequences of social media use. Also parent and guardian through this avenue should be educated on the use of “V chip” and screening software to reduce inappropriate access, and help their children to critique what they see in the media.
- Parents should guide against social media obsession among their children, by ensuring that they are not allowed much time to surf the internet or their phones especially at home. This can be done by engaging the children in religious activities, domestic work and other positive activities capable of making them not to have access to their phone or computer all the time.
- The adolescent should be guided on the use of traditional media like the television, radio broadcast as well as newspapers. These traditional media, through their routine activities can discourage the use of their phone or computers to access the entire aforementioned social network site that are capable of ruining them. This can be done through the adolescent’s parent and guardian, and through the organization of a discourse on the phenomenon of social media, or through advertisements and publication of write-ups of this nature.
- All the head teachers and principals have to play an active role by coming up with awareness programme with strong guidance on dangers of social media use. Also parents should be sensitized through counseling forums in schools on how to be technologically updated so as to be aware of just what their children are capable of accessing on social media.
- Regular meetings between parents and teachers PTA should be encouraged. This will make it possible for the school administration to update parents on the use of this social media phenomena and to update the parents on the health and educational consequences accompanying the use of all these networking tools such as WhatsApp,

FaceBook, 2go, etc., hence design possible way forward to stopping the use of phone or computer, especially those with internet connections at this age bracket.

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