



the risks and the negative effects of using Facebook site on youth

Field study to Algerian youth

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Abstract:

The Present study examined the impact of excessive usage of Facebook site on the youth behavior because it has many risks and negative impacts, but its inappropriate usage can be harmful for the youth. This what we will be highlighted in this study , which used the survey method,. We selected a purposive sample of youth who are using Facebook, the volume of sample members was estimated at 105 terms (both male & female) aged 18-25 years , was selected to investigate the objective of the study. And distributed accidentally through Facebook to the youth users , On the most visited pages and youth groups in Algeria who interact in Facebook site ,we use to achieve the field study The questionnaire tools which included 5 axis ,the data was analyzed through SPSS program , our study conclude important result about the real negative influences of using Facebook on youth affecting academic achievement, Addiction by the intensive use, problem of Physical and mental health, Depression. and other negative influences

Keywords: Youth ; New Media ; Facebook; Risks ;Negative influence.

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1. INTRODUCTION

With the increase in the usage of Facebook, various issues and questions have aroused, which needs academic research to tackle these issues and look at their effects on the users especially youth, Many of the researchers have explored in their researches that excessive usage of internet has a great influence on the physical, cognitive and social development of youth and teenager, (More and Nalawade, 2012: 89), explored in his study that teenagers mostly spend their time on internet while playing games, listening music and to meet with new people on social net working. Internet by there services contains several risks for the youth, likewise sexually explicit material and cyber bullying

there are also a number of barriers to trust in the online environment, These barriers include perceived risk, website design and content, the user themselves and privacy concerns. witch are considered the greatest barrier of them all because ‘the internet, by design, lacks unified provisions for identifying who communicates with whom, it lacks a well-designed identity infrastructure. (aida abdlahi and others,2014:137)

in this context Social networking sites considered the most used internet service by the youth and attracts them to use it extensively, given its characteristics that give individuals the opportunity to create their own profile ,while choosing their own user list, and then connect with them in a completely public forum that provides them with features such as chat, blogging, mobile communication, and widest video and photo posting. (khurana ,N,2015,p1)

Among the most important of these sites is Facebook, which is considered As a social networking site founded in 2004, it allows the publication of private pages, initially designed to serve university students and teaching staff but expanded latter to include all people.(Marcel Denisi,2009; p118)

Given the characteristics of these site and their ability to attract young people, their extensive use poses many risks, When talking about there negatives, there are many other negatives that can not be counted We mention them, for example the most effect of the negative and risks makes by the intensive use of Facebook, affecting the mental health of the youth specially the educational achievement and intellectual level, and linguistic capacities will decline ,because the interactive face to face communication absente

In the other hand the addiction problem and constitutes social isolation and social alienation Appear Quickly , the negatives also affect the privacy policy and the security of individuals, and it can spread distorted values and destroy what the institutions of socialization have built and incite cybercrime, delinquency, extremism, violence and other negatives.....



Therefore, this study examines the negative of usage of Facebook on youth. The purpose of the study is to find out how today's youth perceive this social networking and how their behaviours will be affected

From the above the main question is as follows:

How does using the Facebook by youth who use it create risks and negatives?

Given the multiplicity of negative effects, we have tried to highlight the most serious of these effects by the following sub-questions:

What are the risks associated with using Facebook on youth to the academic achievement?

What are the risks associated with using Facebook on youth to addiction's effects ?

What are the risks associated with using Facebook on the user's mental and physical health?

What are the other risks associated with using Facebook by youth?

Methodology

Study objectives:

- To determine the risks and disadvantages that come with the excessive use of face book site on youth.
- to raise awareness of these risks and propose solutions to reduce the negative effects and the cautious use of these sites by young people.
- We want to help parents and educators understand how big the online addiction problem is, so we can all work together to help kids around the world stay safe and healthy from the negative effects of social media.

Justification of the Study:

Finding of the present research will be much helpful to find out the effects on excessive usage of Facebook site on the youth behavioral change, The findings of present study may also be helpful to the policy makers in government for educators and scholars in developing curriculum, doctors dealing with counseling of the youth to know which tools to use to effectively communicate for youth and researchers who will be interested in this field of knowledge

2. Literature Reviews:

The objective of the literature review is to analyze the literature related to the present research. It provided guidance and gives most relevant information to the researches, The internet has become a rich resource of information and a powerful way for users to make contacts, sharing of sharing of information, and exchanging ideas among each other.

Below we will get acquainted with some recent studies that indicated the negative effects of social media on young people and adolescents:

2.1 Social network site impact on academic performance

In academic level Students want to be remaining online with the no interruption and they seem to never the net go off while using social networking sites or any of the gaming sites. Excessive usage of internet surfing is just wasting the time. This excessive usage of internet distracts the students from their studies and it adversely affects their academic performance(Nain, S. 2014)



Reynol Junco in his article named too much face and not enough books: The relationship between multiple indices of Facebook use and academic performance. Found that that time spent on Facebook and checking Facebook were negatively related to overall GPA, and time spent on Facebook is slightly negatively related to time spent studying. In addition, the ability of time spent on Facebook to significantly predict overall GPA shows that there may be negative academic effects for students who use Facebook in certain ways.

In addition, Paul, Baker, Cochran, in 2012 wrote an article named effect of online social networking on student academic performance, The researcher's results revealed a statistically significant negative relationship between time spent by students on OSN and their academic performance. Time spent on OSN is shown to negatively impact academic performance. As time spent on social networking sites increases, the academic performance is seen to deteriorate (Aida Abdlahi and others, 2014: 135)

Facebook also makes a Poor concentration ,Today negative effects of social media on students can be seen easily, Different tasks, such as school work, classwork or homework, require more concentration to deal with something important but now teenagers have a habit of simultaneously using social media. Most of them consider it multitasking but it is not. Researches show constant interruption has an adverse effect on the attention and reduces learning and performance.

In the other hand it Decreased activity because youth who do heavy use of social media do not spend enough time on activities that definitely increase mental abilities, skills, and physical movement. Those who exercise daily, their body releases endorphins that signal our brain to stay positive and reduce depression. Thus decreased activities reduce the secretion of endorphins and it causing depression a common problem. (Vinay Prajapati, 2019)

2.2 Social Networking Websites and mental Health

other researches like A survey conducted by the Royal Society for Public Health asked 14-24 year old's in the UK how social media platforms impacted their health and wellbeing , The survey results found that Snapchat, Facebook, Twitter and Instagram all led to increased feelings of depression, anxiety, poor body image and loneliness.(Rachel Ehmke, 2018)

Other studies indicated that Facebook makes a depression which is an emotional disturbance associated with social media usage. When a teenager is made to feel inferior to their social media counterparts, they often fall into a depression commonly referred to as a Facebook depression. The need to stand out, fit in or be accepted by their Facebook or Twitter friends is what drives users towards this form of emotional disturbance. (Vinay Prajapati, 2019)

Thus far, Rosen has made a 25-year career out of studying the influences technology has on people. His latest research, which examines teens and Facebook, was conducted using 1,000 teen surveys and observation of 300 teens actively studying. It concluded that multiple negative psychological effects could result from spending too much time on Facebook and other social media sites, Teens who use Facebook frequently may become narcissistic, and Teens who have a strong Facebook presence may display psychological disorders, such as anti-social behaviours, and mania & aggressive tendencies. An anti-social child often does not consider the effects their actions have on others. This can be quite



dangerous, especially during the already-volatile teen years. Perhaps this should be termed the anti social media effect.

The Facebook effect is real, but teens who "overdose" on technology daily, and this includes video games, have higher absenteeism from school and are more likely to get stomach aches, have sleep issues, and feel more anxious and depressed. (Kristin Trapp, 2016)

According to a British study conducted in 2017 by the Royal Society for Public Health (RSPH), more than 90% of young people aged 14 to 24 have an account on at least one of the following social networks: Facebook, Instagram, Twitter, Snapchat or Youtube. According to the same study, the rates of insomnia and mental health conditions such as depression and anxiety for the same age group have increased by about 70% in the past 25 years. Social media therefore seems to have a very harmful effect on the mental health of the new hyper-connected generation, (Alexa Klein,2017)

3. Materials and Methods Research

3.1 Methods: The present study is simple and exploratory in nature, For the study purpose questionnaire survey method has been adopted with a view to collect primary information from youth about age group of youth, main purpose of utilization of Facebook site, their positive and negative opinion about it and their effects on the physical and mental health of the selected youth.

3.2 Selection of Sample: The research community is the youth users of Facebook in Algeria. We selected a purposive sample of young people using Facebook, We designed online questionnaire and distributed the link through a sample of Facebook users in Algeria. We specifically targeted the youth segment who use Facebook extensively, We distributed the link in famous and wide-ranging youth pages and groups on the most visited pages in Algerian youth that the researcher shares with her.

We choose A purposive sample of 105 terms (in the range of age 16 years to 25 years) in pre and post-graduation colleges situated in Algeria exactly to the province of sétif , was selected for eliciting the data for the study. This questionnaire which is the main tools for collection information, this table below shows the characteristics of the sample

Table 1: Socioeconomic Characteristics of the Respondents

Variable	Frequency	Percentage	Variable	Frequency	Percentage
	Age Group			Gender	
16-20 Years	25	23,80	Boy	75	71,42
21-25 Years	80	76,19	Girl	30	28,57
	Education			Type of family	
Inter médiate	20	19,04	Nuclear	15	14,28
Graduation	71	67,61	Joint	86	81,90
Master	14	13,33	Extended	4	3,80

Source:

The following table shows the characteristics of the sample in question in terms of gender, age, educational level, Family Type, where the results indicated the following:

The survey data indicates that majority of the respondents more than (71%) were male and more than (28%) were females. This is due to the nature of society and its cultural peculiarities. Because Women in Arab countries are more conservative in using social media, Here from table data shows that 81,90 % of the internet users are from joint family,

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14,28% are from nuclear family and 3,80 % of the respondents are from extended family. This is due to the nature of Algerian society that lives in a family of solidarity, Other data in the table above indicate that the Most of the sample items more than 76 % belong to the age group 21-25 Years and more than 23% Belong to the category 16-20 Years , about the education level .The data shows that more than 67 % in graduation level , also more than 19% have Inter mediate level finally rate of 13,33%. Have master level , We conclude that the vocabulary of the sample has an educational level ranging from medium to high

3.3 Study instrument: The questionnaire consists of demographic information about gender, age-group and qualification of the students. It also consists of the questions about time spent on Facebook . there are many questions about the impact of Facebook using on the educational and scientific achievement by youth include 3 questions , we ask some questions about addiction risks of using Facebook, , we also ask questions about the impact of using Facebook on the physical and psychological health of users includes 7 questions, and a final axis that includes other effects of Facebook to the youth, We used various questions, closed questions and open questions , we observe that all the answers were interpreted

Table 2: stability factor Alpha-Krumbach

Alpha de Cronbach	Nombre d'éléments
.813	87

Source program outputs spss

the results of the SPSS program output for the Alpha cronbach coefficient show a high degree of stability, estimated at 0.81, which is greater than the acceptable stability rate of 0.66, and therefore the tool is valid for study with a high degree of stability.

3.4- Statistical methods used in analyzing the form data: We use In the statistical analysis of the study data the Frequencies and percentages only ,They are specific to all tables, The percentages of the independent variable "column variable" have been calculated, so that we can recognise the differences in the degree of distributions of the dependent variable "row variable".

4. Results and Discussion

The purpose of this chapter is to give a general and comprehensive profile of the sample. Before analyzing the relationship between the independent and dependent variables it seems to give federal information about the sample. The sample of the present study consisted of 105 respondents.

- Results of academic achievement influence axis:

The negative effects of using Facebook on academic achievement are numerous, with the results showing as follows:

Table3: The problems caused by Facebook for users in academic performance

The problems caused by Facebook for users in academic performance	Frequency	Percentage
focus decreased during the lesson due to stress and lack of sleep	41	39.04%
subject of laziness and negligence in solving study duties	34	32.3%
have weak academic results	30	28,57%
Total	105	100%



The survey data indicates that majority of the respondents more than 39. % said that their focus decreased during the lesson, due to stress and lack of sleep, 32.3% were subject of laziness and negligence in solving study duties, 28,5% said they have weak academic results, We can explain this result due to the use of Facebook decrease the level of intellectual, cultural and linguistic where today's youth prefer to spend their time on social networks instead of studying, where these are exhausted, The latter their time and limit their intellectual abilities, because they are accustomed to everything ready, they do not make an effort in understanding and analyzing information and activating mental processes as happens in the study, the use of these sites contributes to the lack of intelligence in the user with its natural intelligence and social intelligence, which limits the presence of Education(Slate ,2018),

. Table4: The rate of failed score in academic result

The rate of score failed in academic result	Frequency	Percentage
failed at least once to score school results	50	47,6%
failed twice	29	27.6%
failed three times	20	19,04%
failed more than three times	6	5.7%
Total	105	100%

The survey data indicates that majority of the respondents more than 47. % failed at least once to score school results ,compared to 27.6% failed twice, 19.4% failed three times, 5.7% failed more than three times, We can explain this result by the study of Paul, Baker, Cochran, in 2012 wrote an article named Effect of online social networking on student academic performance. The researcher's results revealed a statistically significant negative relationship between time spent by students on OSN and their academic performance. Time spent on OSN is shown to negatively impact academic performance. As time spent on social networking sites increases, the academic performance of the students is seen to deteriorate. (Aida Abdlahi and others, 2014: 135)

Table 5 : The problems caused by Facebook for users in academic achievement

The problems caused by Facebook in academic achievement	Frequency	Percentage
Dispersion and lack of concentration, intellectual level decline	46	43.8%
intellectual level decline	14	13.3%,
linguistic level decline	18	17.14%
non-absorption	18	18.09%,
visualization and imagination	9	8.5%
Total	105	100%

The survey data indicates that majority of the respondents more than 43 % Dispersion and lack of concentration, than the intellectual level decline with the rate of 13,3%, and linguistic level decline 17.14%, non-absorption 18.09%, and poor abilities of analysis, finally visualization and imagination with the rate of 8.5%, We can explain this result that Facebook also causes a poor concentration .Today the negative effects of social media on students can be seen easily. Different tasks, such as schoolwork, classwork or homework, require more concentration to deal with something important ,but now teenagers have a habit of simultaneously using social media. Most of them consider it multitasking but it is not. Researches show constant interruption has an adverse effect on the attention and reduces learning and performance. (Vinay Prajapati. 2019), a study conducted by

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American psychologist Professor Larry Rosen of the California Journal of Technology and Youth research suggests that the effects of Facebook use by young people will be negative ,where the researcher experimented that proved that if students work for 15 minutes on something important study, they cannot focus for more than 3 minutes, in addition they will be worse emotionally and physically and will be more narcissistic (Philippon Laetitia,2018.).

- **addictions effects to using Facebook by the youth** : We covered in this axis a group of questions that reveal the extent of addiction to the vocabulary of the study sample using Facebook ,The study reached important results, which we will present below

Table 6: the Time spent on Facebook during the day by sample

Time spent on Facebook during the day	Frequency	Percentage
are using it from one hour to two hours	33	31.4%
more than four hours	25	23.8%
for two hours to three hours	18	17.14%,
four hours	14	13.33%
do not precise	15	14,33%
Total	105	100%

The results showed that the dominant values over the duration of using Facebook by the sample are large and medium usage, While the limited use of this means does not exist, the usage pattern through the duration of time is considered no very intensive because the rate of 31.4% are using it from one hour to two hours, which can be considered as a normal duration of use. While 23.8% using Facebook at a high rate for more than four hours, they are typically non-employed young people, according to the outcomes of results, because the intensity using Facebook may be considered as an addiction affecting the youth user, more than 17% using Facebook for two hours to three hours. As for 13.3%, they used it for four hours, which is a fairly dense use, it can be an addictive state that develops into dangerous levels, Finally the response of 14,33% of the study sample do not precise there use exactly

Table 7: User feeling when network connection is interrupted:

User feeling when network connection is interrupted	Frequency	Percentage
feel very grouchy and anxious	36	34.2%
feel too diminished	20	19.04%
feel nothing and takes it normally	13	12,3%
compensate the use of network by another activity	22	20.9%
feel embarrassed and unable to do anything.	14	13.3%
Total	105	100%

The survey data indicates that majority of the respondents more than 34. % feel very grouchy and anxious, 19.04% feel too diminished and deprived, 12% feel nothing and tacked it normally, 21.3% compensate the use of network by another activity, 13.3% feel embarrassed and unable to do anything.

So these results show that the study sample suffers from an addiction, because the psychological state of the user is bad they feel anxious and deprived and feel embarrassed and unable to do anything, Most have the vocabulary of the sample , While an average class



answered estimated 33% She was not affected by the addiction to Facebook and it is normal for her and she can compensate by another activity, The results of the open question illustrate why intensive time has been spent on Facebook , because there are a lot of causes make addiction like loneliness, suffering from family and social problems, lack of understanding among others, escape from reality, and entertainment and spending time especially among unemployed youth.

Table 8: The user's feeling during the intensive use of Facebook

The user's feeling during the intensive use of Facebook	Frequency	Percentage
happy and comfortable	70	66.6%
feel bored	23	21.9%
feel loneliness	12	11.42%
Total	105	100%

the results of Table above illustrate the answers of the vocabulary of the sample regarding the user's feeling during intensive use , Where the largest percentage answered by the rate of 66.6% are happy and comfortable, than the rate of 21.9% feel bored, Finally a rate of 11.4% feel loneliness.

The explanation for these results is due to the fact that extensive use makes a person in a virtual world feels happy, relaxed and away from facing life's problems, which makes him isolated due to the routine, the user is also bored, Therefore, the goals of using Facebook must be reviewed to avoid negative impacts

result of the psychological effects: Through this study, the psychological impact of the Facebook site on the youth is clear, as it exerts great psychological pressure on them, which is what we will learn about through the sample answers in the table below.

Table9: the rate of depression to the sample since using Facebook

Depression rate	Frequency	Percentage
depressed at least once	52	49.5%
depression at least twice	21	20. %
depression at least three times	14	13.3 %
depression four times	11	10.4 %
depression more than five times	7	6.6 %
Total	105	100

The survey data indicates that majority of the respondents more than 49 % said they had been depressed at least once while using Facebook, than the rate of 20 % had depression at least twice, and 13.3% had depression at least three times , more than 10% had depression four times, and 6.6% had depression more than five times, The results of the open question about the causes of depression show that depression is due to fraud, treason, discovery of true virtual person's identity, hacking and defamation, exposure to blackmail, lack of assessment and appreciation by friends and other answers that we did not all mention.

These results in above table explain the serious psychological impact of Facebook to the youth , given the specificity of this stage. Young people are more vulnerable to psychological risks. This is explained by the researcher Rameez which proves that teenagers and young people face problems of depression, especially males because they are completely immersed in communicating via Facebook all the time, and Facebook creates a false sense of connection with people around the world as many people walk around with false identities, which cause them endless problems especially when discovering the true identity of the people who have been associated with them, and communicating with them

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via Facebook, which is a depression for them as the study found that it causes enormous challenges in the process of socializing young people and their privacy (A. Rameez,2015;312)

Table10: The user's feeling during receive positive comments

The user's feeling during receive positive comments	Frequency	Percentage
sense joy and happiness	81	77.14%
sense prominence	8	7.6%
feel valued and social standing	10	9,5%
Sense appearance and narcissism	6	5,76%
Total	105	100

The results of the above table show the sample responses regarding the user's feeling regarding receiving positive comments on his posts, When liking the post and receiving positive comments, the user feels: The survey data indicates that majority of the respondents more than 77.% sense joy and happiness, 7.7% sense prominence, and 9,5% feel valued and social standing. And more than 5% feel appearance and narcissisms, So we note that the user's feeling is positive when he receives Positive comment of posts raises the user's morale and gives him self-confidence, because The active use of Facebook is liked to height mental health by doing so, posting photos, videos, comments and sending messages frequently, in order to build the truth and get favorable interaction to self his team

Table 11: The user's feeling when the other dislikes and not commenting on their post

the user feels when dislikes and not commenting on their post	Frequency	Percentage
feel sad and depressed	55	52.3%
are very worried	27	25.7%
feel unloved and unwelcome	16	15.2%
feel feud and hatred for users who express negative comments.	7	6,6%
Total	105	100

The results of the above table show the sample responses regarding the user's feeling by receiving dislikes and not commenting on their post, While expressing disappointment and inconvenience with user posts, dislikes and not commenting on their post, the user feels:

52.7% feel sad and depressed, 25.7% are very worried, 15.2% feel unloved and unwelcome, more than ,6% feel feud and hatred for users who express negative comments.

These results above confirm That the feelings are considered negative, causing frustration, lack of interest and appreciation, because people by his nature love appearance, appreciation and any criticism Or anatomy , Or indifference It caused him depression

Table 12: Effects of using Facebook on physical health:

Effect on physical health	Frequency	Percentage
feel exhaustion and extreme fatigue	76	72.3%
were affected on their sleep due to Facebook using	86	81.3%
were affected by Facebook usage on their lifestyle and nutrition	73	69.5%
suffering from overweight due to prolonged computer sitting	25	23.8%
were suffering from the problem of under nutrition and anemia	18	17.14%
Total	105	100

The above table results regarding the effects of using Facebook on physical health show the following: The survey data indicates that majority of the respondents more than 72. %



feel exhaustion and extreme fatigue due to staying up late in front of computer screen, 81.3% were affected on their sleep, due to Facebook using and their normal sleep rate became insufficient which affecting academic and professional activities because The body needs a rest for productivity

More than 69. % were affected by Internet and Facebook usage specifically on their lifestyle and nutrition, where their food program was disrupted, the result also indicates 23.8% suffering from overweight due to prolonged computer sitting and eating in front of the computer screen without attention to the amount of the food eaten, and 17.14% were suffering from the problem of under nutrition and anemia as a result of anorexia and a deficiency in diet, so as we note from the results of the table, Facebook has serious health and physical effects on humans, so careful and careful use should be made

Table 13: Results related to other dangers:

Other effects	Frequency	Percentage
risk of security, privacy and personal account hacking.	34	32.,38
were exposed to the publication of immoral publications on their page	5	4.7 %
were exposed to incitement to violence and crime through publications	4	3.8
received anonymous friend calls and messages.	47	44.7
Have been in contact with people who have caused problems in their lives	9	8.5
Led by social media to learn negative things, bad morality and bad values.	3	2.8
Were exposed to the identification of negative groups that call for atheism, extremism and terrorism.	2	1.9
Learned about ways and means of illegal immigration..	1	0,9
Total	105	100

The results of the table above about other effects of using Facebook on youth, which was the largest percentage estimated by 44.7% received anonymous friend calls and messages , than 32.,38% have a risk of security , privacy and personal account hacking. It has become a dangerous phenomenon that threatens the security of individuals , and 8.5% Have been in contact with people who have caused problems in their lives, also rate of 4.7% were exposed to the publication of immoral publications on their page, more than 3% were exposed to incitement to violence and crime through publications, rate of 2.8%Led by social media to learn negative things, bad morality and bad values, and the rate of 1.9% were exposed to the identification of negative groups that call for atheism, extremism and terrorism, finally rate of 0,9 % Learned about ways and means of illegal immigration, so we conclude that Facebook has various and multiple dangers that affect the various psychological, mental, health and physical characteristics of the human being

5. CONCLUSION



The study finds that the youth are facing the problems of Facebook in their academic achievement, because the focus decreased during the lesson due to stress and lack of sleep, subject of laziness and negligence in solving study duties, so the indicator of this effect youth have weak academic results more than 47% failed at least once to score school results, there are also many **problems caused by** Facebook in academic achievement like Dispersion and lack of concentration and decline of intellectual level, other effect caused Facebook addictions by the intensive use more than four hours, We measured also same indicator by User feeling when network connection is interrupted, The result indicate bad feeling, The user's feeling happiness during the intensive use of Facebook, About the result of psychological effects, the Depression rate to the sample estimated 49.5% depressed at least once, then there are Effect on physical health also like feel exhaustion and extreme fatigue were affected on their sleep due to Facebook using, and change in lifestyle and nutrition to the users, the study find Other effects such as risk of security, privacy and personal account hacking.....

In conclusion, it is noted that the usage of Facebook by the younger generation is contingent upon how they make use of it, either positively or negatively. The level of awareness of the risks remains a key determinant for preventing the negative aspects of using Facebook

6-Study Suggestions: Through the results of the study, which explains the serious effects of the extensive use of Facebook site by youth, we recommend a set of recommendations as follows:

- The need for positive use of Facebook in order to achieve positive purposes and Joining purposeful groups, learning skills, acquiring knowledge, cultures, social participation,
- Establishing time intervals for using Facebook according to a specific schedule and not leaving the use unadjusted, by controlling conscious use to avoid the risk of addiction.
- taking rest breaks by leaving the phone and computer at home. Or interruptions in the use of these technologies for certain periods .
- Not to communicate unconsciously, by giving personal or private information, and not send photos, videos, personal documents or bank account number to any unverified users.
- The family must fulfill its duties and not leave its her sons isolated in their use of Facebook as it has the obligation to indirectly monitor their activities and friends via Facebook, in addition to creating dialogue and communication between the family and their children and understand their needs.
- To conduct awareness campaigns in schools, high schools and universities targeting adolescents youth, to raise sensitization about the intensive use and the negative effects of its misuse.

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