

Firstly

Relationships within social networking services (SNS) such as LINE, Twitter, Instagram, and Facebook are increasing these days. You may also be using these services to communicate with your family, friends, club mates, and laboratory members.

Many of you may have expanded the range of relationships as SNS became part of your daily lives, providing a communication method to communicate with people in faraway places, including overseas. On the other hand, some of you may have hurt someone unintentionally with careless postings or have felt distressed by what others have posted.

SNS is also a tool to gain information about society and your interests. However, you may end up with one-sided information that is convenient for you.

In this leaflet, we will share some ideas on better maintaining your relationships through SNS by looking at issues that may arise when sending and receiving information.



Would you like to talk?

If you are troubled with SNS relationships, please consult without holding it to yourself.

On-campus consultations

Center for Counseling and Disability Services



Counseling Office

TEL 022-795-7833

Disability Services Office

TEL 022-795-7696

<http://www.ccds.ihe.tohoku.ac.jp/>

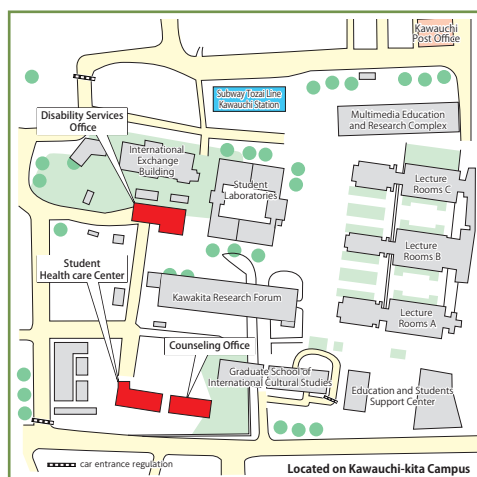
Student Health Care Center



Mental Health

TEL 022-795-7829

<https://www.health.ihe.tohoku.ac.jp/>



EMPOWERMENT Series ⑩

SNS Relationships

to interact comfortably

Center for Counseling and Disability Services
Tohoku University

Problems related to SNS

Below are some examples of SNS related problems.

- I wrote a post that upset my friend so much that I lost contact with him/her. What can I do to become friends again?
- I uploaded a photo of us fooling around and received a complaint about it from my friends.
- I got depressed after seeing my classmates uploading photos of themselves enjoying their extracurricular activities. It was so depressing because of the big difference between myself and them.
- A senior student is criticizing someone on SNS. Anyone who knows us can see that it is about me. The posts keep coming, and I want them deleted.

SNS features related to these problems are the following.

Ambiguous communication through text information

When communicating with text on SNS, one would have to guess about how the message is said. This ambiguity may make you feel like the other person is rejecting you, or your words may be communicated in an unintended way.

Possibility of personal information being exposed, and one being identified

Just because you don't use your real name on your SNS accounts, it doesn't mean you can remain anonymous. From an unexpected source, your name, address, or photos may be revealed, and you may accidentally expose other people's personal information.



Tips for interactions on SNS

Here are some tips for sending and receiving messages on SNS.

When sending messages

◇ Think for a second before sending

Imagine yourself reading the message aloud to the person in front of you. If you find yourself changing how you say something from what you have written, rewrite the section to avoid misunderstandings.

Once you send a message on SNS, you may never be able to delete it totally. And it is not easy to stop it from spreading. Make sure that you are okay with your loved ones seeing what you have written and that it is safe to share it in public.

◇ Protect personal information

It is always important to attend to what you write so that the name and addresses of yourself and people around you are not exposed to unspecified people.

When receiving messages

◇ Understand the features of SNS

SNS allows us to get new information quickly. However, many posts are cut out or altered to show only a part of the story. Not all of them are well thought out, and some are even written just on the spur of the moment. Try to stay calm and be sure to get accurate information. If you feel tired of SNS, it is good to distance yourself from it consciously.

◇ Stay calm even when you are troubled by posts about you

Talking directly to the one who wrote the post may be a good idea if you know the person. You may find out that there was a misunderstanding. If you don't know the person, don't react too fast and see what happens. If you ever have problems, consult someone you trust or use consultation services to get help in handling the situation.

In summary

SNS can cause issues that are difficult to handle. Let's be aware of the dangers and take advantage of SNS to build better relationships.
