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Bodies and Citizenship, 110-56

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Course Description:

This course will explore and connect how the use of the internet and various forms of media can affect our bodies as well as how we view ourselves in relation to society. Among the topics discussed, we will investigate how, specifically social media, can affect certain aspects of our lives such as our body image and even our physical health. Other areas of interest will include how the rest of the world sees you through your social media presence, and how that information may be being used by the government to collect your online “profile.” All of these different topics can have great effect on our lives, especially if we take them too far. The different sources and readings attached to the units will help give a greater understanding as to how and why social media can have such a great impact on certain types of people’s lives.

Unit 1: The History of Social Media

BIG Question: How has the creation of social media influenced American citizen usage of the internet overtime? What kind of impact has it had on being social in real life?
Argument of the Unit: The creation of the internet and especially social media has sparked widespread usage of technology. It is a massive industry and as time passes, it will only continue to grow.
Key Words: Social, everywhere, profile, “engaging socially online”, Six Degrees, Myspace, platforms
Link to Reading: The History of Social Media
Annotation of Reading: In this text, the article will take us through history from the “birth of social media” to what social media looks like today, all the way into what it might look like into the future. Social Media, or at least what we think of today as social media, really began with the creation of Facebook. At its core, it originally started as a website that was used to rate the beauty of women on a college campus. The start of the site is an important factor to keep in mind when diving into this article. Think about how we use it today and what it’s become to our society. This text will give more insight as to how the creation of social media influences American citizen usage of the internet.

Unit 2: Your Profile

BIG Question: How can the creation of “your profile” or your presence online affect your daily life?

Argument of the Unit: Creating a profile online can be harmless usually, however, sometimes it can be taken to an extreme. It can affect how we live our day to day lives, and shape how we want to portray ourselves versus how we actually are. Occasionally, the lines between these two ideas can blur.

Key Words: Obsessive, perfect, influencer, profile, tags, location, Instagram, presentation

Link to Reading: [Ingrid Goes West](#)

Annotation of Reading: In this indie film, called Ingrid goes west, we see the effects of social media on someone who has a mental disorder. She uses social media to an extreme and it sends her into a downward spiral. Obviously, she has a severe mental disorder, and this is not the case for the average social media user, but sometimes, the use of a profile can cause the user to become obsessive. We see how Ingrid's life becomes wrapped around how she looks online versus her actual social life. To a less extreme effect, the same thing can happen to the average user. We can become obsessed with creating a fake reality that we show to our audience. This film can show how the creation of “your profile” or your presence online affect your daily life.

Unit 3: Cyberbullying

BIG Question: How have internet users, especially young teens, been treated as less than human online?

Argument of the Unit: The internet and social media have made it completely possible to cyberbully teens online and do it anonymously as an entity rather than as a citizen.

Key Words: cyberbully, anonymous, social cruelty, “social terror by technology”, Direct messages

Link to Reading: [Cyberbullying Through Social Media](#)

Annotation of Reading: In chapter 3 of “Cyberbullying: Bullying in the Digital Age,” the authors, Kowalski, Limber, and Agatston discuss what cyberbullying is, different ways it is done, and who does it. It is a new concept to the twenty-first century that has made children, and teens especially, more vulnerable to bullying through the use of social media. Media users have the ability to go online anonymously, or even under a fake profile and harass their peers. There is not much information on who does the cyberbullying or why they do it, leaving the bully as a figure with no identity. The children and teens who are targeted are treated like an emotional punching bag. Their bodies and personalities are put on display and are often under intense ridicule by the cyberbully. This text helps to show how internet users, especially young teens, been treated as less than human online.

Unit 4: Body Image

BIG Question: How have American citizens views on their own bodies changed as a result of using media?
Argument of the Unit: The media has focused on fashion for a long time. It is a part of the media that heavily influences the trends we see as our society evolves. It shows not only what we should wear, but how we should look too. Young teens are especially vulnerable to feeling the pressures of society. It can become dangerous for them, leading to severe body dysmorphia and even eating disorders.
Key Words: Body image, eating disorder, media, fashion, society, perceptions, trends, self-objectification
Link to Reading: Body Image Perception
Annotation of Reading: Living in today's society, particularly as a teenager, comes with strong pressures to fit in. In this article, we learn about how the use of social media, especially for young women, can play a role in distorting a healthy body image. There is a feeling of obligation to look like the extremely thin models that are broadcast all over social networking apps such as Instagram, snapchat, and Facebook. Trends, particularly in fashion and the media, create a standard for what men and women should look like and dress like. While it's not a guide for all, some people take it very seriously. This is when it can lead to dangerous obsessions and frustration if it cannot be followed. These standards, for generations, have carried over into what we should look like. The text shows how American citizens' views on their own bodies have changed as a result of using media.

Unit 5: Government Surveillance

BIG Question: How, as internet users, do we give up certain privacies that we are guaranteed as American citizens?
Argument of the Unit: The government now has the technology to observe exactly what we are doing online with the use of the company Gamma. Soghoian mentions that we should be questioning our government. If a citizen hacked into someone's computer the way that this software allows the government to, it would be illegal, and they could be arrested. Why should it be any different for the government to do so?
Key Words: Government Surveillance, Gamma, Hack, Keyboard, History, User, Internet
Link to Reading: Government Surveillance Ted Talk
Annotation of Reading: In watching this Ted Talk by Christopher Soghoian, we get a look into how the usage of the internet and social media can set us up. With every swipe on our keyboard to every click on our screen, the government has the

ability to track us. The company called Gamma has sold their software to governments that allow them to keep tabs on all of the citizens in their country, without the citizens actually being aware of it. With the massive number of advances in our social networking sites, there are a myriad of places and ways that the government can pick up information and flag the users. Watching this Ted Talk helps to see how, as internet users, do we give up certain privacies that we are guaranteed as American citizens.

Unit 6: Jobs and Social Media

BIG Question: How has the use of Social Media potentially changed our opportunities to be a working-class citizen in today's society?

Argument of the Unit: It is very important to always be careful what you post online. Other than avoiding stirring the pot, the things we post online can affect the jobs we get and keep. An employer has the ability to do background checks of a potential employee online and postings can show up.

Key Words: Tweet, Post, complaining, inappropriate, sharing, plagiarizing, text language, tasteless, alcohol, mocking

Link to Reading: [7 Social Media Mistakes that Could Damage Your Career](#)

[How social media can ruin your career](#)

[Brand Yourself](#)

Annotation of Reading: In this text, we get to see inside of an employer's point of view when it comes to hiring. When doing background checks, more than just a criminal record can show up. They also have the ability to check out your personal media pages. If there is anything that is not "G-rated," it can skew the opinion of employer about you as a person. Any number of tweets, pictures, or posts could contribute to the reasons why someone may not get hired, even if they are more than qualified for the job. Most employers would not want someone who posts nonsensical or rude comments online. This text explores how the use of Social Media potentially changed our opportunities to be a working-class citizen in today's society.

Unit 7: Physical Effects of Media Use

BIG Question: How has the over usage of Social Media and the internet taken a toll on American citizen's bodies?

Argument of the Unit: The use of internet and social media can be physically taxing on the human body. If it is used in excess, it can cause stress and fatigue, among other symptoms.

Key Words: Stress, fatigue, health, lack of exercise, distractions, social media, eye problems

Link to Reading: [How Can Social Media Affect Your Health](#)

Annotation of Reading: In this article, we see the different ways that social media can have an effect on the user. Mental health is a major concern with social media use. However, physical health is also becoming a major concern. When someone become addicted, they can lose sleep due to over use. The human body works in very methodical ways and if a pattern is interrupted by lack of sleep among other things, it can malfunction and stop working properly. Other effects include stress, hypochondria, and it even adds to the country's obesity problem by causing increased sitting time. Most of the effects listed are things that lead to bigger problems in the body, so it is a problem that is getting worse. In the text, we can analyze how the over usage of Social Media and the internet taken a toll on American citizen's bodies.