

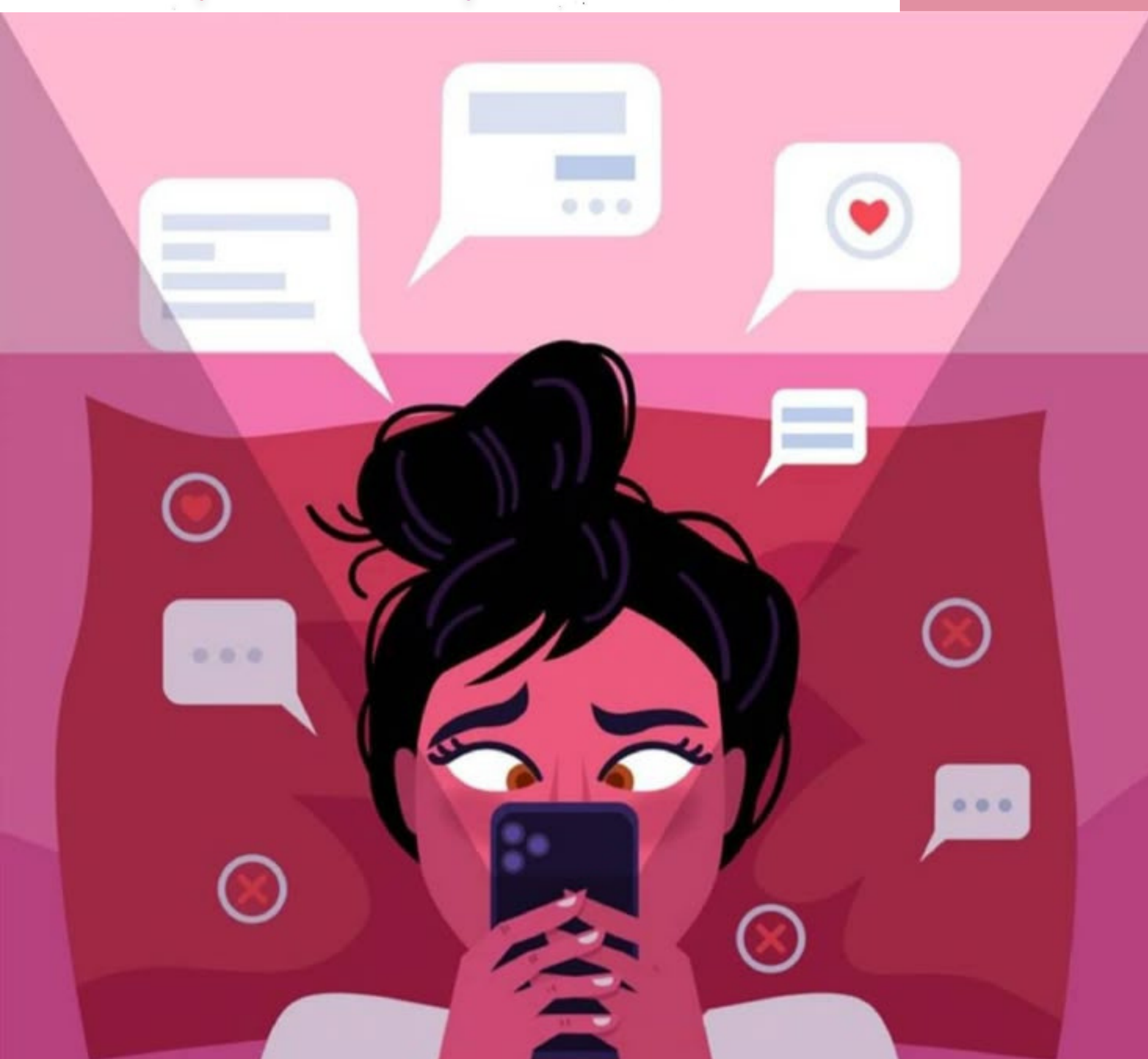


*Keep away,
social media's
utopia but keep
contact life's
protopia!*



★ *Social media is like a mirror that shows perfect versions of people's lives instead of the real truth.*

★ *Constant comparison with these "highlight reels" can lead to lower self-esteem and increased anxiety.*



To protect our well-being, we should limit screen time and focus more on real-life relationships and hobbies!



Group 15

- Zehra Yetek 210458052
- Yeliz Acar 210458015
- Güliz Acar 210458056
- Sude Tülay Kolbaşı 210457017
- Esra Dalyan 210458023
- Milana Ermekebaeva 220458606
- Umutcan Önmen 210458012
- Nisanur Karaçam 210331065
- Elif Çelik 210332018