



The Knight's Table



Social Media:

Navigating Online Pressure



In today's generation, social media is a very important part of lives, affecting how we communicate, and behave with others. While it has brought many positives to our world, it has also caused many bad effects to mental health, often shown as pressure from other people. The constant need for validation can have a degrading effect on mental health. This essay explores the challenges of navigating online pressure.

One of the most significant contributors to online pressure is the need to show a perfect life. Social media platforms are platforms for you to show who you are, where users showcase the highlights of their lives, making it easy to believe that everyone else is living a more exciting, successful, and happier life. This constant exposure to people having perfect lives can lead to feelings of anxiety, as individuals compare themselves to the best life.

The "like" tool on social media platforms has led to an association between social validation and self-worth. The number of likes, comments, and shares a post receives often determines an individual's self-worth. Seeking validation through social media can become an obsession, leading to harmful and even suicidal thoughts if they aren't popular enough. When the people don't like it as much as your expectation, it can trigger feelings of worthlessness and insecurity.

Another issue is cyberbullying and online trolling. The invisibility of the internet allows people to hurt others with hurtful comments, threats, or harassment. This can be harmful emotionally and lead to anxiety, depression, and suicidal thoughts. You might fear being a victim of attacks which can be a significant source of online pressure, causing people to be worried and scared in their online interactions and even causing them to start cyberbullying others.

Some ways to avoid this can be, taking a break from social media for a bit if you feel like it's taking a mental toll on you. You can also block people who harass or cyberbully you easily. If they continue to do it on alts, just ignore it. The main thing people don't realize is that the people bullying usually have low self-esteem and try to get a reaction from other people.

Social media has changed the way we connect and communicate, but it has also introduced new challenges to our mental well-being. The pressure to show perfection, seek online validation, and face the risks of cyberbullying can be overwhelming. To be able to travel the online platforms, it is needed to be conscious of the impact social media can have on our mental health. By rethinking our relationship with social media, we can ensure that it remains a tool for connection and inspiration rather than a source of stress and anxiety.

-Jason Zheng





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Social Emotional Awareness Leadership



Est-2019

GRATITUDE IN ACTION:

BACK TO YOUR COMMUNITY



After all the things your community has done for you, you might think “What can I do to give back to my community?”. Well luckily for you, there are many things you can do to give back to your community.

First of all, you can volunteer at a lot of things in your community. For example, you can volunteer to clean up trash in your local park. You can also volunteer at local events such as repainting a school playground, visit the local elderly nursery, even help at an animal shelter, etc. If you volunteer, your efforts will definitely be appreciated by your community.

Secondly, you can also assist people that need help. Maybe there is a group of children that need help with their homework. Well, you can help them and make them understand the material.

You can also volunteer in charity to help people in need. Maybe your neighbor’s lawn is looking very messy, go ask them to help mow their lawn! You can also perform little acts of kindness like giving someone a snack or give them a toy, and more!

So, as you can see, you can do many things to give back to your community. These such things include volunteering at numerous activities which are cleaning up trash, repainting a playground, visit an elderly nursing home, help at an animal shelter and more. You can also assist people with something like kids that need help with homework, mowing a neighbor’s lawn and more. So, are you ready give back and help your community?

-Eric Lin





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Social Emotional Awareness Leadership



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Dealing with Social Pressure



Have you ever been pressured into thinking you did something wrong? If you have, you should know that you are not alone. There are many different types of social pressure such as peer pressure, trends, and society norms which we all face from time to time. No matter which type of social pressure you are facing, there are ways to avoid them or embrace them while staying true to yourself.

TYPES OF SOCIAL PRESSURE

Peer pressure, trends, and society norms. You've probably heard about these things at some point in your life. Most of the time, these come from your family members, culture, friends, and society. They are powerful influences which can change your opinions, confidence in yourself, and your behavior. And while they are powerful you are the one who decides how you want to handle this pressure. You can take it as a positive or negative while staying true to yourself.

POSITIVE ASPECTS

How can social pressure be a good thing? Well, it can motivate us to do better and be better. Have you ever thought about when one of your classmates told you did something wrong or not good enough? And what did you do after? You probably went back to fix it or improve it based on their criticism. This is just one example of how social pressure can have a positive impact. You can find positive social pressure in your everyday life. You find ways to embrace them into improving instead of having it bring you down.

NEGATIVE ASPECTS

When it comes to facing the negative aspects of social pressure, you have to be prepared to handle it. One way to avoid social pressure is to tell yourself you are enough. You might be asking "why?" or "how?" It may seem silly and impossible to do, but if you keep telling yourself that you are enough over and over again it starts to become less silly and more motivating. A few ways to tell yourself that you are enough are to say daily motivational quotes. Just saying "I am enough" or "You got this!" to yourself will give you a change of mindset. When your mindset improves, your whole mood and outlook on things will change. You will find out that some people won't like you for who you are and that's ok! As long as you are true to yourself, you will have self-love!

Another approach to navigating social pressure is to talk to the people that are making you feel pressured. Don't be afraid or embarrassed of telling someone how you feel because there will be many benefits in the long run. Doing this can make the person stop and acknowledge how they are making you feel. If they refuse to stop, it's probably time to cut off ties with them. Cutting a toxic relationship with someone will make you feel better about yourself even if it might be hard at the start. However, what happens when you can't cut ties with this person? You have to know that people are not always happy with who you are, but you don't always have to live up to others' expectations. Just be yourself!

In conclusion, social pressure can have both positive and negative sides to it. You just have to know how to face it in a way where you are still staying true to yourself. In the future, you can use these methods or your own to solve whatever problems you are having with pressure from others.

-Sally Zeng

"Life's most persistent and urgent question is, 'What are you doing for others?'"

- Martin Luther King Jr.



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Est-2019

November: Counting Blessings, Sharing Joy, Giving Thanks

Fill in the missing numbers

- The missing numbers are integers between 1 and 5.
- The numbers in each row add up to totals to the right.
- The numbers in each column add up to the totals along the bottom.
- The diagonal lines also add up the totals to the right.



										35
1	1					1			4	28
2		1			2	1	5	1	3	22
5				2					1	31
2	4		3			1		1	2	27
1	5							3		36
5			4					2		38
			4	1		5		5		32
	2	2				2			1	28
			4					4	3	36
		5		4					3	36
27	32	35	39	30	30	27	37	29	28	31



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