

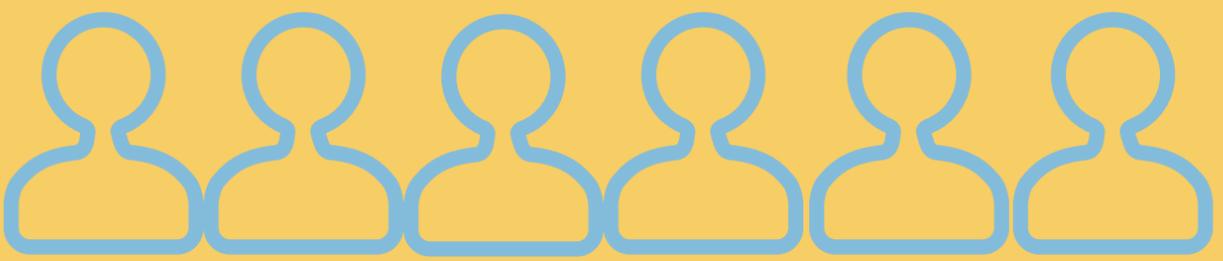


NO NEED FOR EDUCATION

when we've got

#SELFINATION

It's no surprise that we live in a selfie-obsessed world... Just how obsessed we are, though, might surprise you.



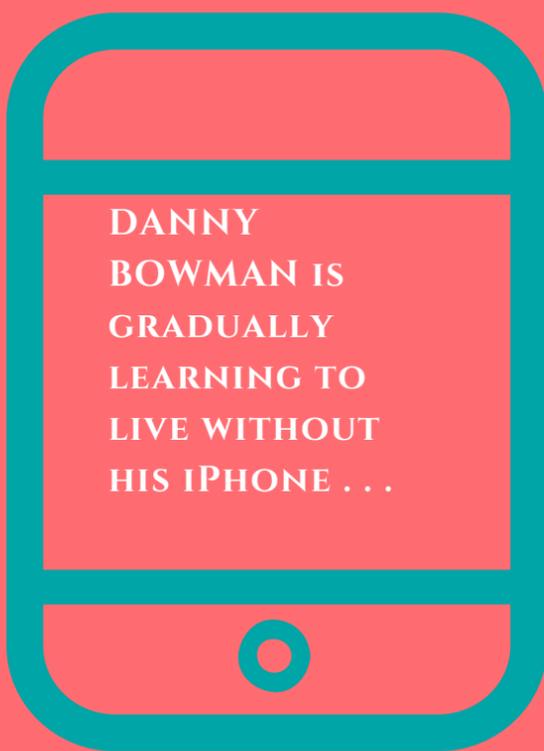
OVER A MILLION SELFIES ARE TAKEN EVERY DAY



ALL OVER THE GLOBE

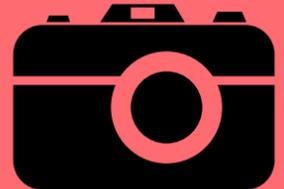
WHAT ARE THE EFFECTS???

SELFIES AFFECT OUR BRAIN & PERSONALITY



DANNY BOWMAN IS GRADUALLY LEARNING TO LIVE WITHOUT HIS IPHONE ...

350M



PHOTOS ARE PROCESSED BY FACEBOOK EVERY DAY

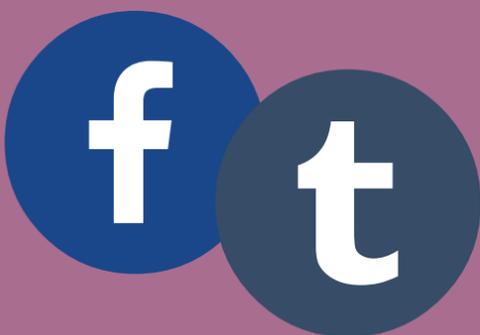


... AS HE ATTEMPTED TO COMMIT SUICIDE ...

... AFTER SPENDING

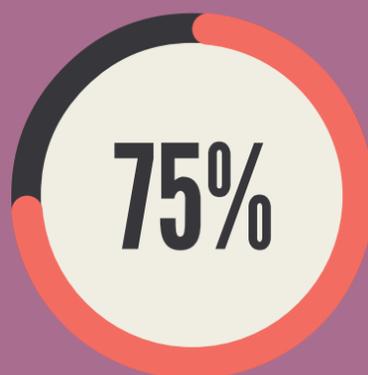
10H

TRYING TO GET A PERFECT SELFIE



1 IN 4 AMERICAN TEENAGERS BECOME EASILY ANGERED BY CRITICAL COMMENTS ON THEIR PHOTOS

IN A UNIVERSITY OF MICHIGAN STUDY OF COLLEGE UNDERGRADUATES, IT WAS FOUND THAT THOSE WHO SCORED HIGHER IN NARCISSISM ALSO POSTED SELFIES MORE OFTEN ON TWITTER AND FACEBOOK



A 2012 SURVEY SHOWED THAT 75% OF INSTAGRAM USERS POSTED THE SELFIES IMMEDIATELY AFTER GETTING DIVORCED

NARCISSISM

NARCISSISTIC PERSONALITY DISORDER INVOLVES A PREOCCUPATION WITH SELF AND HOW ONE IS PERCEIVED BY OTHERS. NARCISSISTS PURSUE GRATIFICATION FROM VANITY AND THE ADMIRATION OF THEIR OWN PHYSICAL AND INTELLECTUAL ATTRIBUTES

“SELFITIS”

IS A MENTAL DISEASE THAT MAKES PEOPLE TAKING SELFIES ALL THE TIME, AMERICAN PSYCHIATRIC ASSOCIATION CLAIMS.

6,000

SELFIES WERE TAKEN BY KIM KARDASHIAN DURING A FOUR DAY HOLIDAY TO MEXICO IN 2016



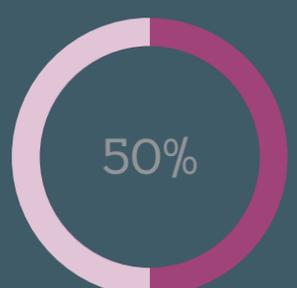
1,93 M LIKES

> 3

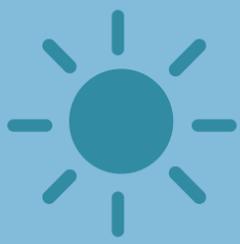
SELFIES PER DAY INDICATES THAT YOU SUFFER FROM “SELFITIS”



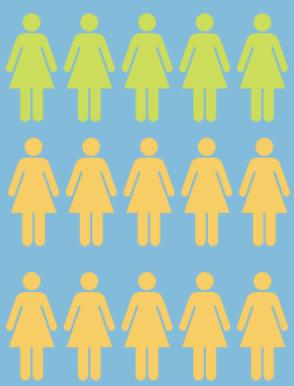
OF BRITISH STUDENTS IN 2013 SAID THEY WOULD RATHER SEND AN IMAGE THAN WRITE A TEXT MESSAGE



SELFIES DAMAGE OUR HEALTH



REGULARLY EXPOSING THE FACE TO THE LIGHT AND ELECTROMAGNETIC RADIATION FROM SMARTPHONES CAN DAMAGE THE SKIN, SPEEDING UP AGEING AND PROMOTING WRINKLES, DOCTORS SAY



2/3 OF FAMOUS INSTAGRAM BLOGGERS FEAR THEY CAN GET A CANCER



BLUE LIGHT THAT COMES FROM CAMERA FLASH COULD DAMAGE THE LIGHT-SENSITIVE CELLS IN THE RETINA AND RESULT IN PERMANENT VISION LOSS

AT THE AGE OF

29 Y.O

MS. HODA KOTB FROM JAPAN HAD TO VISIT A PHYSICAL THERAPIST BECAUSE OF SEVERE PAIN IN HER HAND AS A RESULT OF CONSTANT SELFIES



50%

OF DERMATOLOGISTS CAN TELL WHICH HAND A PERSON HOLDS THEIR PHONE IN JUST BY LOOKING AT WHICH SIDE OF THE FACE IS MOST DAMAGED, CARDIFF RESEARCH CENTER CLAIMS

"SELFIE ELBOW"

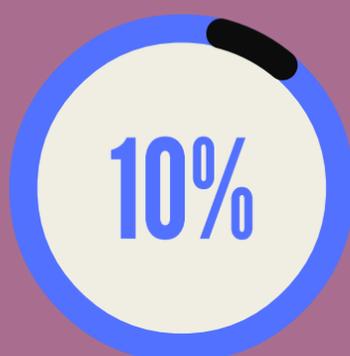
REFERS TO INFLAMMATION FROM TAKING SELFIES, THAT HAPPENS BECAUSE PEOPLE ARE EXTENDING THEIR ARMS BUT ALSO TRYING TO KEEP A FIRM GRIP ON THEIR PHONES AS THEY DO SOMETHING THAT THE BODY JUST ISN'T DESIGNED TO DO OFTEN



THERE IS CONSTANT INCREASE IN THE NUMBER OF WOMEN USING MEDICAL INJECTIONS TO OVERCOME THE IMPACT OF MAKING PHOTOS

172 KM/H

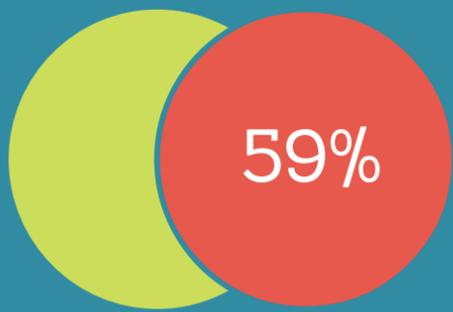
WAS THE SPEED OF LUCY MCGEE HAMMERING DOWN THE MOTORWAY WHILE TAKING SELFIES WITH SNAPCHAT'S SPEED FILTER



OF PEDESTRIANS' DEATHS IN CHINA ANNUALLY HAPPEN DUE TO #ROADSELFIE (IN 2014)



SELFIES HINDER COMMUNICATION



59%

OF MEN IN 2015 REPORTED TO EXPERIENCE LESS INTIMACY AND EMOTIONAL SUPPORT IN THEIR RELATIONSHIPS WITH PEOPLE WHO ARE SELFIE-POSTING ADDICTS

38%



OF CASES SHOW THAT THE LESS SECURE PEOPLE WERE ABOUT THEIR PARTNERS FEELINGS TOWARD THEM, THE MORE LIKELY THEY WERE TO POST ABOUT THEIR RELATIONSHIP ON SOCIAL MEDIA

13%

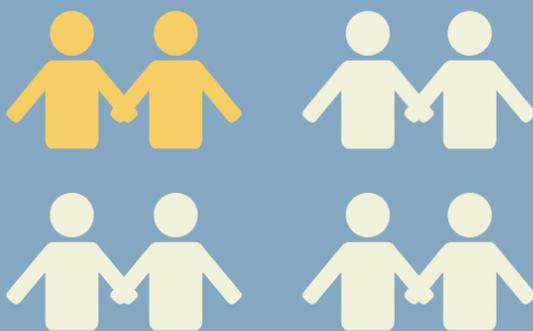
OF AUSTRALIAN WOMEN IN 2013 SAID THEY RETOUCH EVERY SINGLE SELFIE THAT THEY POST

"INSTAGRAM HUSBAND"

GENDER NEUTRAL TERM THAT REFERS TO BOYFRIENDS, GIRLFRIENDS, PARENTS, OR SONS AND DAUGHTERS WHICH BECOME DESIGNATED PHOTOGRAPHER FOR THEIR INSTAGRAM WIFE; TAKE MORE PICTURES WITH THEIR INSTAGRAM WIFE THAN THEY WOULD TAKE ON THEIR OWN

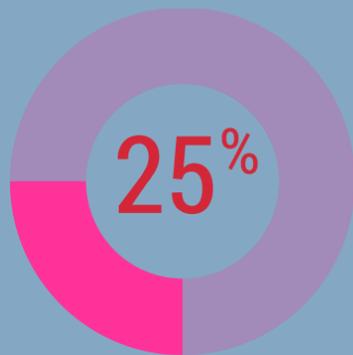


15%



ONE IN FOUR COUPLES IN NYC HAVE FIGHTS ABOUT FACEBOOK NEARLY EVERY WEEK

OF THESE COUPLES POINTED TO FACEBOOK SPECIFICALLY AS CREATING ENVY AND TENSION



25%

OF PEOPLE IN 2014 SAID POSTING SELFIES WAS "DANGEROUS" TO THEIR MARRIAGE

IN 95 YEARS



OUR THUMBS WILL BECOME AS LONG AND FLEXIBLE AS THE ONES PRIMATES HAVE TO EASE THE USE OF SMARTPHONES, CHINESE SCIENTISTS SAY

85%

OF FEMALE INSTAGRAM USERS SUFFER FROM LOW SELF-ESTEEM LOOKING AT PERFECT PHOTOGRAPHS OF FASHION BLOGGERS ...



... HALF OF THEM START DIETING AND DEVELOP EATING DISORDERS



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