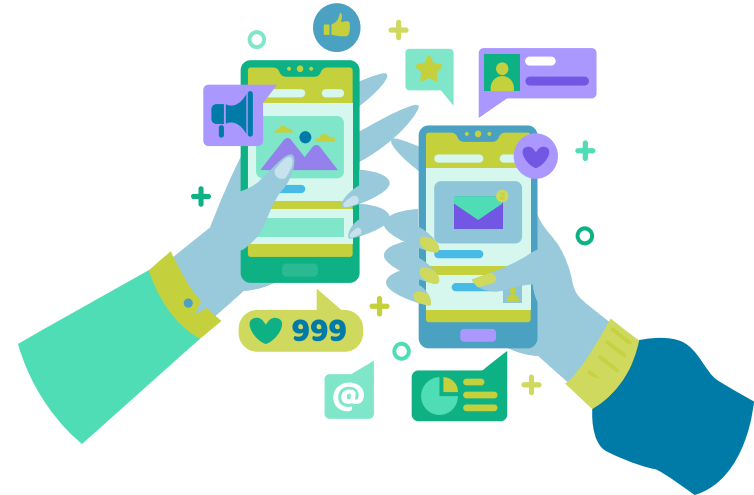




Finding Balance: Using Social Media as a Muslim



In This Presentation

1

**How the world
has changed**

How social media has
changed the world

2

Benefits

The benefits of
social media.

3

Harms

The harms of
social media

4

Usage

Things to consider
when using
social media



How the World Has Changed with Social Media

3

The entire world has changed with instant access to other cultures and lifestyles.

1

Instant access to everyone in the world



2

Influencing elections and politics via social media.



How social media usage has increased.

In 2005..

Only 7% of American adults used social media daily.

7%

In 2007..

The first iPhone was released.



In 2024..

More than 70% of American adults use social media daily.

70%

Social Media Benefits

Family & Friends

We can connect with family & friends.

01

Knowledge

We learn things we couldn't have otherwise.

03

Fundraising

Good causes and charities are able to raise funds online.

05

02

Islam

We learn about Islam through videos and posts.

04

News

We can view what's taking place around the world in an instant.

06

Awareness

We become aware of the oppression taking place around the world.



Social Media Harms

Unrealistic Reality

Sometimes we think life is or should be a certain way based on what we see others share.

Inappropriate Content

We may come across something inappropriate on that can harm our spirituality and affect our brains.

01

03



02

04

Misinformation

False information is easy to spread online.

Wasted Time

A lot of time is wasted on if we don't limit ourselves.

How to Use Social Media Wisely

Set Clear Goals

Always ask yourself, what is my purpose for using social media?

01

Avoid Publicizing Sins

Publicizing our sins is rejecting the mercy of As-Sattar.

03

Take breaks and detox

Try to limit your social media and overall phone usage.

05



02

Re-Evaluate your feed

Unfollow toxic people and show-offs. Only follow people that add value to your life.

04

Avoid Envy

Look at those that have less than us, not more than us! Remember that everyone goes through difficulties even if we can't see them.



May Allah guide us towards using technology in a way that is pleasing to Him. Ameen!



MESBA strives to provide support in various capacities for maktabas in America.

For more information, visit [mesba.org](https://www.mesba.org)

