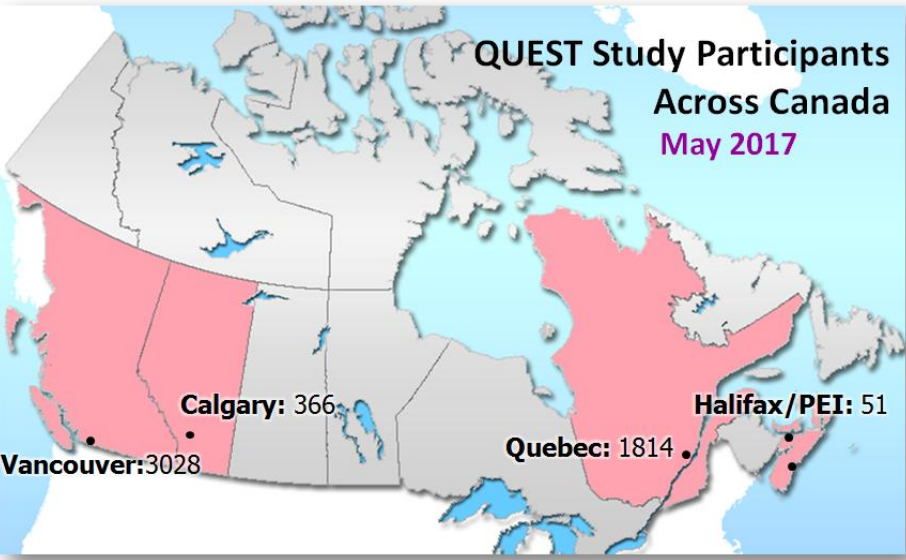


MAY NEWSLETTER



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Refer A Friend to our [website](#)! When **they** fill out the Contact Us form, **you** will be entered to win a gift card!

Jennifer was last month's winner! To thank her for telling her friends about the study, we sent her a Starbucks gift certificate!

Social Media and Smartphones

By Claire Pitcher, Registered Nurse

Sharing stories, photos, and ideas on social media is a great way to stay connected with friends and family! It can also offer new ways to learn about hobbies, music, movies... the list is endless! As smartphones and the internet at your fingertips have become increasingly common, it's important to pause and think about the role social media plays in our lives. This month we will answer some common questions about social media and smart phones

What does 'social media' even mean? 'Social media' is a catch-all term used to describe all of the many online platforms people use to share pictures/ideas/videos, etc. For example, the QUEST Team uses Facebook and Instagram to stay in touch with our study participants!

I can't imagine my life without my smart phone or social media! What did we do before them? It's hard to believe but smartphones have been around for less than a decade! Before that, anything internet-related needed to wait until you were sitting in front of your computer. This meant that in order to share a picture of your delicious restaurant meal, you'd have to have a camera with you (it wasn't just a part of a cell phone) and then wait until you

Currently enrolled:
5259 GIRLS

Our target:
8666 GIRLS

got home to upload the photo to your computer. And even before that, it meant taking photos using film, getting them developed, and handing around a physical copy of the photo to nearby friends and family, or snail mailing it to far away friends!

So social media hasn't been around for that long, what does that mean for my life now? Because social media and the ability to instantly share thoughts and images is relatively new, a lot of people are still learning how to navigate it safely. For example, some laws and rules are in the process of changing in order to 'catch up' to the huge spread of smartphones over the past 10 years; think about texting and driving laws, those definitely weren't around 10 years ago! People are also starting to learn about how their privacy might be affected if they shared something publicly on social media years ago that they forgot about. These old images can stick around forever and may cause problems later if they contain sensitive content. Even as smart phones and social media become second nature, there is still learning to be done about how we can use them safely.

How can I use social media mindfully? Each person will vary in terms of how much and what types of social media they want to use. For example, the QUEST team encourages participants to follow us on Instagram and Facebook as it's a great way for us to share updates with you about the study! On the other hand, we strongly encourage our readers to think about things like overall safety and privacy when it comes to your "digital footprint" or what you're posting online. It can also be important with social media to think of things like: is having my phone next to me bed affecting my sleep when I'm waking up to notifications throughout the night?

If I have questions of worries about my social media use, who can I talk to? Speak with someone you trust like your parents, a teacher, counselor, nurse, doctor, police officer, etc! And check out these great resources on social media and internet safety:

www.rcmp-grc.gc.ca/cycp-cpcj/is-si/isres-ressi-eng.htm

<https://www.getcybersafe.gc.ca/index-eng.aspx>

Contest of the Month

- 1) Smartphones have been really popular since 1992? **True or False**
- 2) It's important to think of privacy and safety when using all social media platforms
True or False
- 3) What is the name of QUEST Team's Instagram account?
 - a) @HPVstudy
 - b) @ResearchingHPV
 - c) @QuestHPVStudy
 - d) @GetVaccinated

[Email us](#) your answers for your chance to win a gift certificate!

Congratulations Savrit!

She was our April

Contest Winner!!

**We sent her a
Starbucks Gift card!**

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