

Using Social Media to Enhance Community Participation



Temple University
Collaborative

On Community Inclusion of Individuals with Psychiatric Disabilities

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www.tucollaborative.org

This manual provides a brief overview of social media and how it can be used to enhance community participation. It was written by:

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Introduction

Social Media has changed the way people express themselves, get information, and communicate with each other. It is an innovational tool that has added unique opportunities to interacting with others, however social media can be used for a multitude of things other than simply talking with friends. Finding jobs, searching for community events, joining groups of peers, reviewing businesses, expressing points of view, and sharing news articles are just some of the great community-based features social media offers. At the Temple University Collaborative on Community Inclusion we believe social media can be a viable tool to aid community living and participation if used correctly. This document will explain some features of various social media websites that can aid someone in integrating into the community.

Social media use has risen drastically in recent years. As of 2018, 69% of all adults in the United States have at least one social media account. That is up from just 5% of adults in 2005 ⁽¹⁾. However, research has shown that social media use among individuals with serious mental illnesses is not as high as it is in the general population. In a study conducted by Temple University, showed that only 33% of participants with serious mental illnesses had a social media account ⁽²⁾. A similar study of those with Bipolar Disorder showed that individuals that suffered from bipolar disorder had poorer knowledge of social networking sites, and were less familiar with them ⁽³⁾. In a recent study of people with schizophrenia, only 27% used social media daily, and 53% did not use social media at all ⁽⁴⁾.

In a general sense, social media acts as a platform to express yourself and engage with others. More specifically, people use social media for various reasons ranging from talking with family to expressing themselves, to shopping, to finding events. Facebook acts as a great way to interact with loved ones and other community members whom cannot otherwise be reached. People may use Twitter as a source of news, and to keep up with what their favorite community members, organizations, or famous celebrities are doing. People may use other social media websites as a way to message others, review places and businesses, document social interactions, enjoy content, organize groups, find community events, make friends, and search for jobs.

While social media has shown to have both positive and negative effects, if used right, it can be a vital community tool to aid someone who may be looking to take advantage of community resources, get out more, find things to do, find other people to do them with, and explore activities they are interested in. Sharing, liking, checking in, reviewing, finding events, etc. are all aspects of social media that make it easier to get out into the community. This document will explain each of those specific factors of social media, and how they can aid in community participation. It will then talk about specific social media networks, how to use them, and what they can offer to someone looking to integrate into the community.

Along with reading this document, we encourage consumers to talk to their providers to gain some further insight in using social media and get help determining how social

media can benefit you. While we attempt to cover all areas of social media, further discussion is necessary for those who intend to use these sites. Social media sites can be used in a multitude of ways, and should be talked about on a case-by-case basis. Social media also has some faults, and these faults should be thoroughly discussed and put in their proper context. Be sure to talk to your provider before getting started with social media.

Social Media Features

Adding friends/followers

Adding friends, followers, or contacts is a great way to expand your network of people. It allows you to connect with other people in your community that you may not otherwise have the chance to connect to. This promotes networking by allowing you to access other people and make yourself known. This makes it much easier to find events, activities, and peers. Not only is it a great opportunity to network with individuals but it also allows for diversity. It enables you to connect to groups of people from all walks of life which proves to be very helpful when going out in the community.

Chatting

One of the foundational features of social media, chatting, is a great way to stay connected with other users. It allows you to have conversation and connections that may not otherwise happen. Chatting promotes cohesion by allowing you to stay connected and informed, it also promotes self-esteem by way of social approval from others. The consistent option for conversation enabled by social networking helps build upon your sense of self.

Chatting also promotes a feeling of connection, engagement, and support. Having a meeting online before physical interaction leads to a higher sense of connectedness, especially if you are confined to your residence. It eases the anxiety of meeting someone new. Meeting with someone for the first time after talking with them on the internet can seem much more comfortable due to the fact that you already have an idea of who they are. Chatting allows you to experience engagement and support by reinforcement of social connectedness and affirmation from peers. Talking to someone is a great way to get feedback from a peer, it allows you to feel more comfortable in conversation which in turn makes it easier to get out in the community.

Sharing

Sharing on social media can be a great tool to express yourself and inform others about activities you have done or things you find interesting. It promotes cohesion by keeping you informed and working with others toward a similar goal. When you share yourself with others, it promotes self-esteem.

Sharing allows you to feel of connected, and engaged. Looking back on something and remembering it provides a sense of joy, along with connection. It also allows you to stay informed and learn from others with the same interests.

Sharing the things you have done creates a social identity, it gives you the opportunity to present yourself and choose who sees it. By sharing these things you are telling people your interests, and who you are. This can prove worthy when attempting to find people, or things to do in the community. Not only will you have a better sense of who you are, but you will also have a better sense of who they are and vice versa.

Liking

Liking is another way to connect to people who enjoy similar things and allows you to establish similar interests. This connection through similar interests allows you to experience the cohesion of connecting with someone through similar interests, and it also helps your self-esteem with the approval of shared information. Liking something can be a way of showing that you are a fan of a page or post whatever is being shown. Liking a page or an account is a great way to tailor your social media accounts to your interests. This, along with sharing, is a great way to show people your interests and who you are which leads to a better sense of self and sense of others and results in engaging in the community much easier.

Checking In

Checking in is a great way to feel mentally and physically connected to your community. It allows you to connect with and build cohesion with others who have checked in to the same place. It is a unique way to see who frequently visits similar places, and serves as a good way to remember where you have gone, and how much you enjoyed it. It can also serve self-esteem and memory. Checking in somewhere can serve as a “badge” so to speak, and prove useful as a reminder of past participation, which encourages future community participation.

Reviews

Reviews are a great way to document what you have done. They allow for you to reflect and rate places you have been or events you have gone to. They promote independence and connectedness to the community. Reviewing can also help you feel like you’re connecting with others who may consider your review before going to a location or business. Not only is reviewing a great tool when you are trying to figure out where to go but they also serve as a good opportunity to formulate your own opinions and preferences. They allow you to see what other people did or did not enjoy. This makes it easier when deciding where to go in the community, and where you do not wish to return to.

Groups

Groups are a great way to surround yourself with similar people. There are support groups, event groups, hobby groups, and area groups. It is a fascinating way to find people with similar interests, desires, or problems whom you may of otherwise not find in your everyday life. This is a great opportunity to makes friends with peers and provides you with more options when you wish to head out with others in the community.

Events

Events provide exposure to upcoming activities and are a great tool for community participation. Concerts, park days, markets, yard sales, celebrations, sporting events, get-togethers’, and civic activities are just a few examples. These offer you access to events that you may of not previously known about and make it easier to see who is going, where it is, and how you can attend.

Information Seeking/Sharing

Social media also provides information that can help increase your feelings of connectedness, engagement, and support. If you have questions, concerns, curiosities, or even some information to share yourself you will be able to do it on social media. This can be extremely helpful when you are looking at specific activities, people, or places to go in the community.

Social Media Websites

With social media's rapid expansion, more websites specializing in a multitude of areas have begun to arise. There are websites that focus on connecting with friends and family, websites that focus on reaching others, websites that focus on meeting up in the community, websites that focus on employment and jobs, and websites that focus on following and reviewing businesses and community organizations. Here are some features of specific social media sites:

	Facebook	Twitter	Instagram	LinkedIn	Meetup	Yelp
Adding friends/followers	✓	✓	✓	✓		
Chatting	✓	✓	✓	✓	✓	✓
Sharing	✓	✓	✓	✓		
Liking	✓	✓	✓	✓		
Checking In	✓		✓			✓
Reviews	✓					✓
Groups	✓				✓	
Events	✓				✓	✓
Information Seeking/Sharing	✓	✓	✓	✓	✓	✓

Facebook is the most widely used social media network that aims to specialize in deep meaningful connections with its users. On Facebook you are able to add friends, chat, share, like, check in, etc.

Twitter aims to specialize in expression of self, and the ability to reach others who you would not otherwise be able to.

Instagram is based on photo and video sharing and allows for a great opportunity to document community participation.

LinkedIn is based on job and career networking, and is geared toward connecting with possible and past employers and coworkers.

Meetup is based on meeting up with others in the community for community events.

Yelp is a review-based website that allows you to read and write reviews on community organizations and businesses.

In the next section we will take a deeper look at all of the different social media websites that can aide in community engagement, and highlight the strengths of each one.



Facebook is widely considered the most popular social networking site with 2.2 billion monthly users as of March 2018 ⁽⁵⁾. Facebook can be used in a variety of ways to access community resources, find community events, and connect with other users who have similar aspirations. Liking, sharing, messaging, commenting, checking in, events, groups, reviews, marketplace, and business pages are some aspects that make getting out into the community much easier. Below are some of the main features Facebook has to offer.

Friends

Adding/having friends on Facebook is a great way to keep in touch with those that you'd otherwise not be able to. It helps ease the distance gap and the separation that develops when not seeing someone in your day-to-day life. Having someone that you can reach out to on Facebook, or that can reach out to you can make it easier to plan community-activity-dates with them. It is a great tool to associate with others.

Chatting

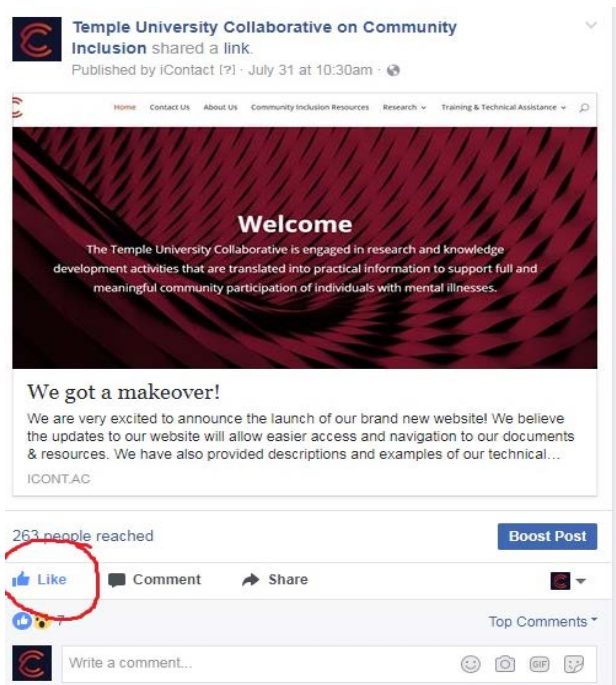
Chatting/Messaging on Facebook is a great tool for conversing with others whom you may not otherwise talk to. It allows for an easy and simple route to reach out to others, and have them reach out to you, which results in more communication and more options for conversations, activities, and events.

Liking

Liking on Facebook gives an opportunity for you to show that you enjoy a place, event, or page. This can make it easier to learn about the park you wanted to go to, or see what movie is playing. It can also be a good tool to see who else likes similar things and who may be available to do certain activities with.

Sharing

Sharing allows you to spread a page, place, event, or message to your friends. This can be an event you want to go to or a place you have been. Sharing is a great way to find out if anyone else is interested in the same things, events, or places that you are which can make it easier to have friends to go out to these events and places with.



Events

Events on Facebook are an easy way to find out what is happening, where it is, and who is interested in it. This makes it simple to invite your friends to events, show people you are going, and find out any details needed.



Gospel Crab Feast & Concert

★ Interested

Jul 28, 12 AM · Soul Nation Events · Langhorne, Pennsylvania

Music

GOSPEL CRAB FEAST CONCERT EXPRESS w/ Maurette Brown Clark
July 28, 2018 All-U-Can-Eat Crab Feast at Martin's Caterers in Marylan...



First Annual Bianca Nikol Roberson Purple Ball

★ Interested

Tomorrow, 6 PM · Milestone Events · West Chester, Pennsylvania

Causes · 307 people

TICKETS MAY ALSO BE PURCHASED BY CALLING 215-837-3607. The
1st Annual BIANCA NIKOL ROBERSON PURPLE BALL will be held on...



Soul Food Cafe and Open Mic

★ Interested

Jul 20, 8 PM · Martha's Kitchen & Events · Philadelphia, Pennsylvania

Music

This night is open to all artists, poets, and musicians. An evening of
inspiration, fellowship, and delight filled with symphony's, similes, and...



Baking with Simplicity: #MnM

★ Interested

Saturday, 1 PM · Martha's Kitchen & Events · Philadelphia, Pennsylvania

5 people interested

Come out and give your taste buds a party like never before! Come and
enjoy great dessert, games, and music!

Local



H2Oi OCMD 2017-2018

3 friends · 29,029 members



+ Join



Loved Ones in Puerto Rico - Check In

11,805 members

+ Join



Long Beach Island BITES

8 friends · 6,957 members



+ Join



Birdgang Co.

8,926 members

+ Join



FLYERS NATION

15,367 members

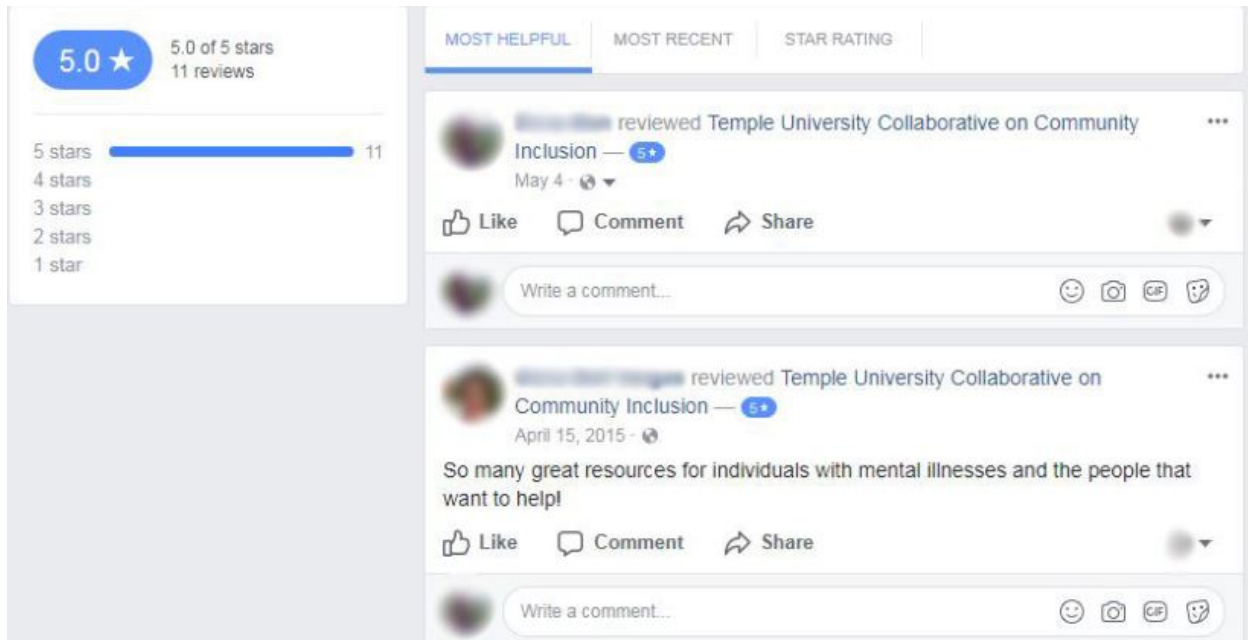
+ Join

Groups

Groups are a great way to establish common connections with others. They allow for you to connect to other people with similar interests, demographics, or histories. They can prove to be vital when looking for information, support, or companionship.

Reviews

Giving and reading reviews allows for a rating system of places and events. This can come in handy when deciding on an event to attend or a place to go. It also allows you to provide input on somewhere you have been which helps others when deciding where to go in the community.



Facebook can be used as a vital tool in community participation. It can help someone, talk with others, find places, find people, participate in events, and feel more connected to their community. It is a tool worth considering for anyone trying to become more active in the community, especially those with serious mental illnesses. To create a Facebook account, or for more information visit the “How do I create a Facebook account?” At the [Facebook Help Center](#).



Twitter is a social network involving “Tweets” in which users post to their account. Twitter is known for its 280 character-limit posting style (expanded from 140 characters in 2017) in that a user must limit their post to 280 characters or less. According to PEW research, 24% of adults in the United States use Twitter as of January 2018 ⁽¹⁾. Twitter can be used to express yourself, interact with others, follow people and places, and discover anything from news to events to people. Here are some of the features Twitter has to offer.

Followers

Following people, places, or businesses is a great way to expand your network and gain exposure to a multitude of opportunities that are going on in the community. By following someone, you allow yourself to be able to see what they post or share on their account. This could result in you finding out about that concert you did not know existed, or that the local library offers free job training. Following is another tool that opens an avenue for connection and information that may otherwise not exist. Gaining followers allows for you to expand your social network, and helps you gain connection and engagement with others. When someone follows you they are interested in what you have to say, therefore giving you a unique platform to share what you see fit with your peers. This could make it much easier when looking for someone to go somewhere with. Instead of having to call each friend individually and ask them if they would like to come with you, you can openly message or tweet it to all of your friends/followers with one click of a button.

Tweeting/Retweeting

Tweeting and retweeting is the main form of interaction on Twitter.

With 280 characters or less, you are able to express yourself, share something you enjoy or did, or reach out to followers. This is a great way to express your opinion on certain topics or places. Perhaps you

may want to tweet about how you enjoyed a movie or how you feel about the restaurant you went to with your family. You are also able to share what others say in “retweets,” which allow you to share something and say something when sharing it. Such as your



local politician tweeting something you agree with; retweeting it allows you to share it with your followers. You are also able to read other tweets from who you follow, this could mean seeing the weekly events from the local park that shares them on their twitter. This form of expression on twitter can lead to a sense of independence and help you to participate in your community.

Hashtags

Hashtags are what Twitter uses to index words. This allows you to easily follow certain things based on a hashtag. If you type in #biking on Twitter, you are able to see all the recent and popular tweets that have had “#biking” in them. This could prove useful when trying to track specific events. Businesses and events will encourage guests to use a specific hashtag during the events to implement a conversation on Twitter. This

allows for anyone to go through and see what people are tweeting about that specific event. This can prove useful when trying to find out what’s going on at your local library’s job fair, or how everyone is enjoying the new gym you were debating on going to.

Twitter is a great opportunity to express yourself, keep up with certain people, topics, or businesses, and

gather information that can make being active in the community much easier.

Eliminating the necessity for face to face contact to listen to peers, and voice opinions can prove to be extremely helpful in getting out in the community. It can be useful for anyone, especially those with serious mental illnesses. To sign up for Twitter visit the “[Signing up with Twitter](#),” page.

#communityevent

Top Latest People Photos Videos News Broadcasts

Search filters · Show

Who to follow · Refresh · View all



Blizzard Entertainment · Follow



PlayStation Ireland · @P... · Follow



City of Boston · @CityOf... · Follow

Find people you know

Trends for you · Change

Justice Kennedy
Justice Anthony Kennedy is retiring from the Supreme Court

#UnionStrong

16.9K Tweets

SCOTUS

392K Tweets

#Janus

Supreme Court says government workers can't be forced to contribute to labor unions

#ELEVATE2018

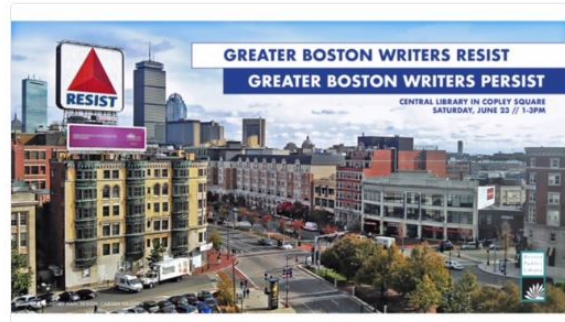
Justice Anthony Kennedy
Justice Anthony Kennedy is retiring from the Supreme Court

#NationalSunglassesDay



Harvard Book Store @HarvardBooks · Jun 20

Writers, readers: take heart, take action to protect diversity, equality, and freedom of expression! Join Greater Boston #WritersResist at @BPLBoston on June 23 to learn how to use writing as a method of resistance. **#communityevent**
facebook.com/events/3814055...



16 22



RNSP @RockawayNassau · Jun 25

RNSP units assist @NYPD101Pct at another #CommunityEvent, the outside worship program of Inglesia Pentecostal Fuente De Paz (the Fountain of Peace Pentecostal Church).





Instagram is a picture and video sharing social networking website for cell phones. It specializes in the ability to customize and edit images and videos that you can share with your network. According to PEW, 35% of adults in the United States use Instagram as of January 2018 ⁽¹⁾. Instagram can be used to take and share photos and videos of your page, and view photos and videos that others post to their page.

Following/Followers

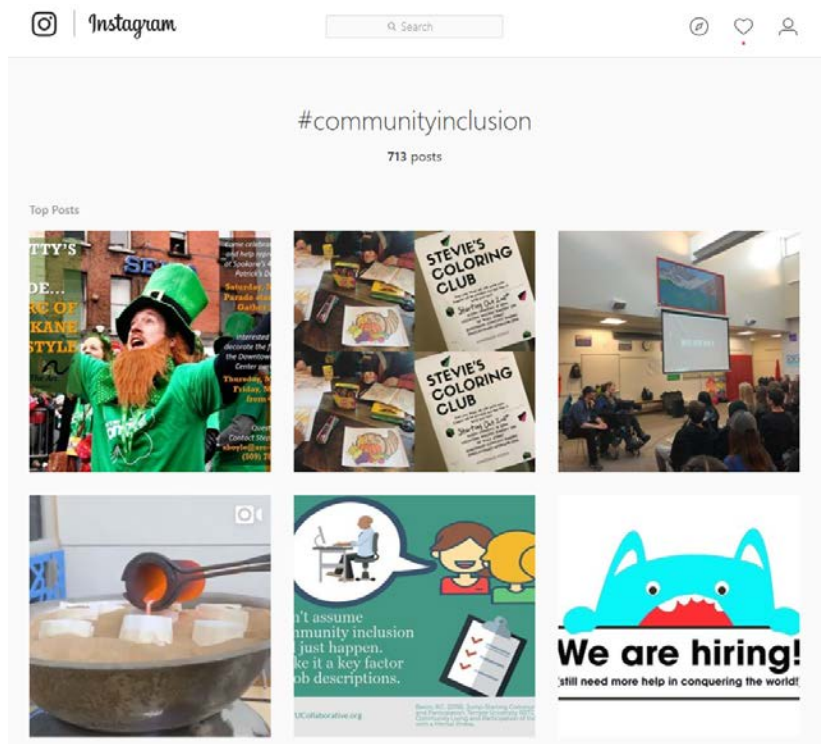
Following and Followers on Instagram are similar to that of Twitter in which you choose who to follow, and can allow people to follow you. This is yet another opportunity you could use to expand your social network and become exposed to not only your peers, but businesses, places, bands, artists, sports figures, and countless other entities that could assist you in exploring your community.

Liking

Similar to Facebook, liking posts on Instagram gives you an opportunity to show you enjoy a place, event, or page. It can be a way of endorsing a person, place, event, activity, or image. Instagram also has a feed that shows who you follow, and their recent likes. This is a great opportunity to see which of your followers has similar tastes, and can be a facilitator in going out with peers who have similar interests.

Hashtags

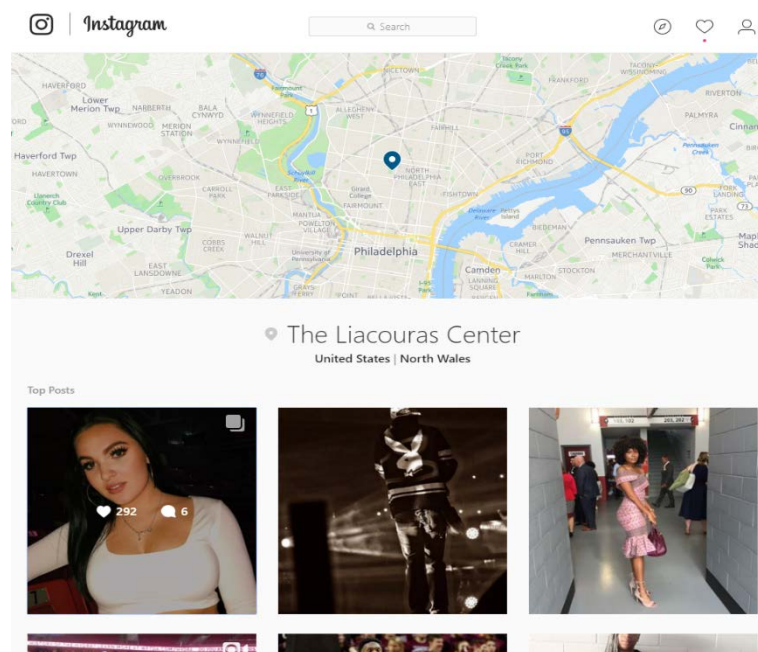
Hashtags are what Instagram uses to index words, similar to Twitter. This allows you to easily follow certain people, places, or events based on a hashtag. If you type in #communityinclusion on Instagram, recent posts with that hashtag will fill up your screen. This could prove useful when trying to see if there is any rock concerts near you, or if you want to see how any recent rock concerts were experienced by others. Businesses and events will encourage guests



to use a specific hashtag during the events to gain a conversation on Instagram just as they do on Twitter. This allows for anyone to go through and see what people are tweeting about that specific event.

Checking In

Checking in is a feature in posting that allows you to document where you were when the image was taken or posted. By checking in, you can openly state where you were, and easily connect with others who checked into the same place. By searching the location where you checked in, your post will be associated with all the other posts with the same check in location. This also serves as a nice reminder to look back on in the future.



Instagram can help with community participation in several ways. Interacting with others, documenting participation, searching keywords, and checking in to places are just a few of them. It can be a helpful application for anyone interested in socializing and community participation. Allowing to see what others are up to, and posting what you are doing limits the difficulties of reaching out to others in person, and talking about yourself that some people have, including those with serious mental illnesses. To sign up for Instagram, visit the “[How do I create an Instagram account?](#)” page.



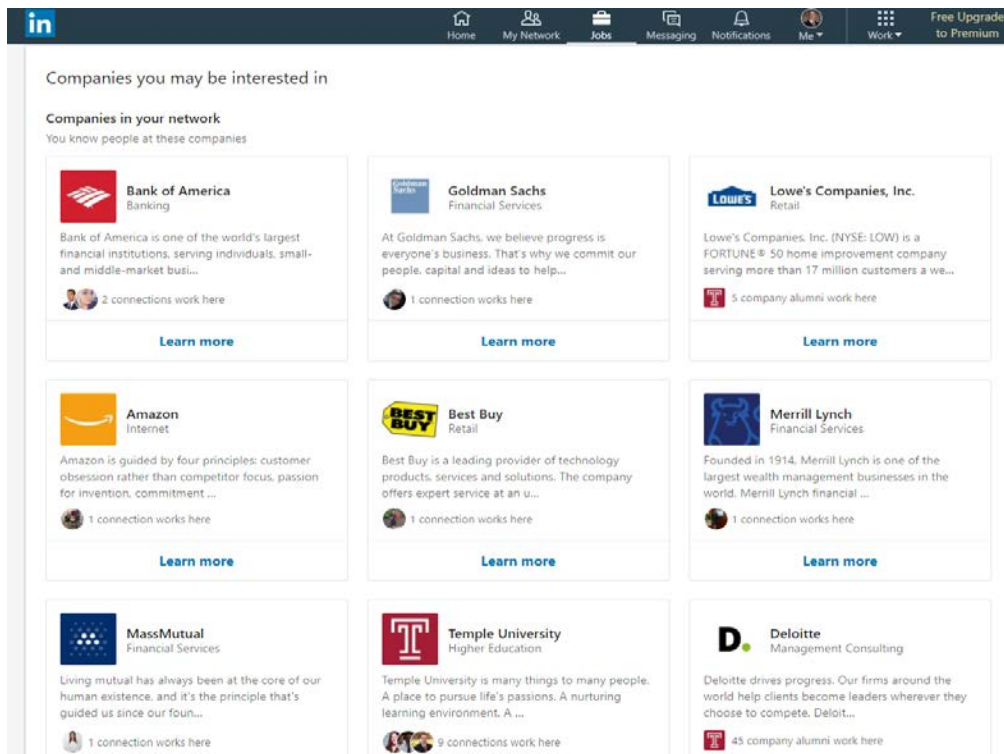
LinkedIn is a social network website specializing in business, career, and employee networking. It can be used to stay connected with coworkers, seek employment, and to find and hire employees. Nearly one in four (25%) of adults in the United States use LinkedIn as of January 2018 ⁽¹⁾. LinkedIn can be a vital tool regarding employment.

Network/Connections

LinkedIn allows you to connect with friends, family, and businesses with an emphasis on your career, work history, and future employment. This is a unique website that allows you to further expand your occupation-related network which can assist when looking for a new job, promotion, or career.

Jobs

The unique facet of LinkedIn is the ability to search for jobs and be contacted for job opportunities. The “Jobs” section of the site allows you to look through companies, job titles, and even allows you to apply. There is also an option to “make yourself available” for job opportunities in which you can let job recruiters know you are interested in being contacted for open positions.



LinkedIn can be useful for connecting with coworkers, interacting with potential employers, and finding new jobs. It can be vital in to anyone interested in employment

in the community, including those with serious mental illnesses. LinkedIn can inhibit the challenge, awkwardness, and difficulty of reaching out to businesses to search for employment. This is helpful to everyone, especially those with serious mental illnesses. To sign up for LinkedIn, visit the “[Signing Up to Join LinkedIn](#)” page.



Meetup is a social networking site that specializes in meeting with others in the community. It allows people to search for groups, and group meetings and also allows people to start and organize groups with the intent of meeting in person. Groups consist of a variety of things from hobby groups, to exercise groups, to career groups, to age groups. Meetup has a group for just about everybody. According to MeetUp CEO Scott Heiferman, Meetup has 40 million group members and there are 20,000 Meetup group meetings a day as of June 2017 ⁽⁶⁾.


Events

The events or “Meetups” are what the website was based on. It can be difficult in trying to find peers to get out in the community with, and that is why Meetup can be useful. By simply joining groups, or searching for locations around your home you can see a list of “Meetups” in which groups are getting together. There are even some events that do not require being a group member to attend the event.

[Create a Meet](#)

Find a Meetup

9 Meetups in your groups • 341 Meetups nearby

 within 10 miles of Philadelphia, PA

[Groups](#) [Calendar](#)

SATURDAY, MARCH 17

7:00AM DELAWARE VALLEY FREEWALKERS
Winter Wonderwalk
1 going


12:50PM FRIENDS ON THE GO - NORTHEAST PHILADELPHIA & BUCKS
Laurel Hill Cemetery, St. Patrick's Day Tour
9 Members going

[All Meetups](#)
[My Meetups & suggestions](#)
[My Meetups](#)
[I'm going](#)

Today

March 2018

SU	MO	TU	WE	TH	FR	SA
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

 Export to...
.....

SUNDAY, MARCH 18

7:00AM DELAWARE VALLEY FREEWALKERS
Winter Wonderwalk
1 going

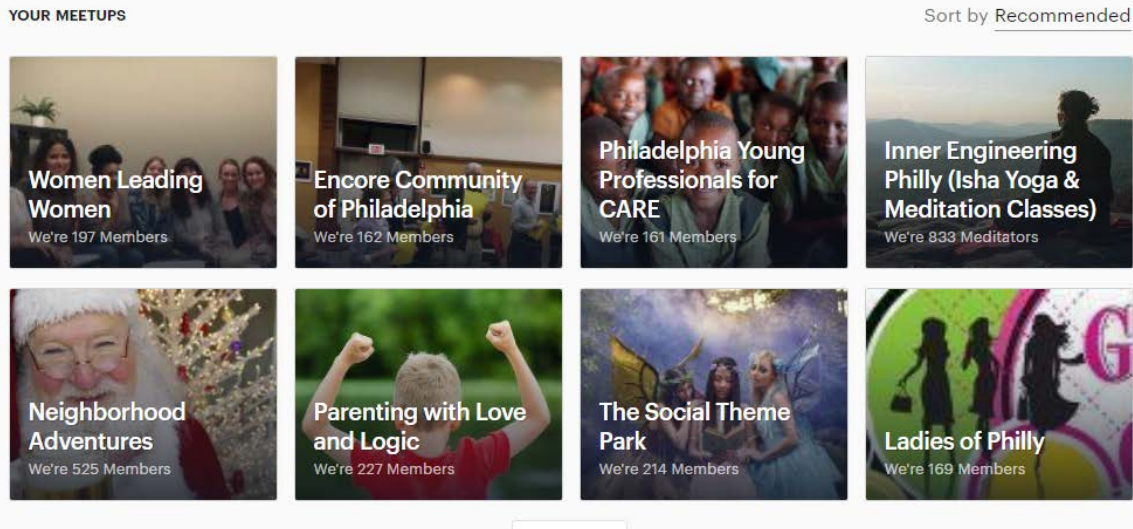
1:30PM SOUTHEASTERN PA SIERRA CLUB OUTINGS
Member Hike on the Green Ribbon Trail
13 Members going

4:20PM FRIENDS ON THE GO - NORTHEAST PHILADELPHIA & BUCKS
Movie Night "I Can Only Imagine"
20 Members going • 6 spots left!

17

Groups

Groups are the backbone of the Meetup website. They are made by users who share common interests such as the “Philadelphia Bicycling club,” or the “Fishtown Saturday Book Club.” This is a very unique and specific feature of Meetup that allows you to connect with people with similar interests, and set dates to get together with in the community. Once you join a group, you can join in on their get-togethers and meetings.



Conversations

Although Meetup is on the internet, it can still be somewhat intimidating to look for groups and events and attempt to join them without knowing anyone. This is why Meetup also has a message option in which you can message other users or groups to get some more information. This makes it easier when trying to reach out to a group member about a meeting or a group. You can ask more questions before deciding to join, or you can reach out to that group member and ask if they will head to the meeting with you.

Meetup is a unique network that makes meeting up with others in the community easier with their groups and events. It can be vital to anyone interested in interacting with others who share similar interests. It breaks down the difficulty and uncomfortable feelings when reaching out to others. To sign up for Meetup, visit the [“Signing up for a Meetup account”](#) page.



Yelp is a network site that allows users to publish and read reviews about businesses and places. This is an extraordinary tool in determining where to go, and what people are saying about specific businesses or places. Yelp allows you to read reviews, write reviews, see events, and join in on conversations surrounding topics in a specific geographical area. According to Yelp, the website and mobile application combined average about 144 million users per month as of March 2018 ⁽⁷⁾.

Searching

Yelp allows you to search for specific keywords such as “parks,” or “cheap dinner,” near whatever location you are planning to head to. You can limit the search to a number of miles, and limit the locations to certain miles, the price can also be set to a certain limit, and sorted by the highest reviews from other users. If it is food you are looking for, they even have options to order delivery or take out. This provides a useful tool in figuring out places to go into the community, and choosing between similar options.

Reviews

When looking at a business, whether it is a place to eat, a library, a park, a movie theater, an exercise club, or a school; Yelp has a list of reviewers who have previously been there, and gave their opinion about their visit. You can see whether most people enjoyed their time at the local park, or did not have as much fun as they’d wished. The reviews even include price ranges for those with budgets and want to know how much

Ad: Oasis Family Fun Center
35 Lacrue Ave
Glen Mills, PA 19342
(610) 358-3501
Amusement Parks
30 reviews
Honestly, this is a great place for the kids to run around. Very safe. Very clean. Tons of activities to keep busy for hours. My son (9) had a... [read more](#)

1. Rittenhouse Square Park
Rittenhouse Square, Penn Center
18TH And Walnut
Philadelphia, PA 19195
Parks
233 reviews
SoulCycle at this location
Philly has several little pockets of green space, and Rittenhouse Square is my favorite. Smack in the middle of center city, surrounded by some of... [read more](#)

2. Schuylkill River Park
Fitter Square, Rittenhouse Square
2500 Lombard St
Philadelphia, PA 19103
Parks, Tennis
23 reviews
What a great park and running trail! I did a 5K from the dog park (start of the river park) up to the MoMA / Rocky Steps! Views along the river... [read more](#)

3. Fairmount Park
4231 N Concourse Dr
Philadelphia, PA 19104
Parks
47 reviews
The vast park that is Fairmount reminds me of Paris. It's long stretches of greenery almost makes you forget you are in philly (sans the skyline)... [read more](#)

4. Wissahickon Park
East Falls
Lincoln Dr & Rittenhouse Ln
Philadelphia, PA 19144
Parks
27 reviews
Love going here. Easily accessible and beautiful. Love going for runs next to the creek and hiking in the hills with friends. Fantastic way to spend... [read more](#)

Mo' Map
Redo search when map moved
Plymouth Meeting
Bala Cyn
Upper Darby
Springfield
Tinicum Township
Chester
Philadelphia
Camden
Cherry Hill
Deptford Township
Voc Tow
Map data ©2018 Google
Terms of Use
Report a map error
Ads by Google

fit.co
Most Beautiful Places To Camp - Philadelphia
Check out these top camping destinations near Philly
Events
Healthy Eats
Get Outside
Create Profile
Workout Spots

trivago.com
Hotels in Philadelphia - 162 Hotels from \$82 per Night
Hotels in Philadelphia. 200+ Booking Sites Compared In A Few Steps! - trivago™
Over 1 Million Hotels - Free and Easy to Use
Cheap Hotels - from \$50.00/night - Compare Prices
3* Hotels
Best Rated
Save Time & Money
4* Hotels
Central Hotels

they can expect to spend when they go out. You can also review places you visit for others to read. Whether you had a great experience at the movie theater, or felt the restaurant was a bit too expensive, you can let others know by giving your own review.

Events

Along with businesses, Yelp also has an event feature in which you can search for upcoming events in your area such as tours, parades, get-togethers, or celebrations. These events are usually posted by businesses. You may even “respond” to these events and mark yourself as going. This can make it easier to find things going on in the community.

Browse Events

[Create an Event](#)

Sort by: **Most Popular** ▾ Next Week ▾ All Categories ▾



Yelp Workshop: Cocktail Development at Wine School of...

📅 Wednesday, Mar 21, 7:30 pm – 9:00 ...

📍 Wine School of Philadelphia — Phila...

This event has been rescheduled from its original March 7 date. Learn to build th...

Food & Drink

87 interested



Philly Wine Week

📅 Thursday, Mar 22, 12:00 pm – Thurs...

📍 Amada — Philadelphia

EIGHT DAYS OF EVENTS Philly Wine Week's eight days of events will grab you ...

Food & Drink

39 interested



Women's History Month

📅 Thursday, Mar 1, 9:30 am – Saturday...

📍 National Constitution Center — Phila...

Throughout March, visitors to the Center can participate in a variety of events in...

Other

5 interested



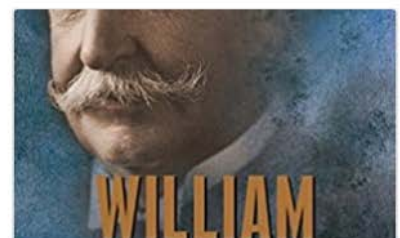
FREE CONCERT-The Sounds of Caribbean Music come to the...

📅 ...



The Soup Cook Off

📅 ...



William Howard Taft and the Constitution

📅 ...

Talk/Conversations

Another interesting feature of Yelp is the ability to join in conversations with other users. Instead of searching through places or reviews, you can just post a question on the website asking for the best local dance club, or a good place to eat breakfast. This

gives another added option when attempting to decide what the best options are in the community, and can also help develop relationships with other Yelp users in your area.

Yelp is a great opportunity to read reviews about business/places and write about your own experiences. It can be very helpful when looking for places to go in the community and it helps dim down the possibility of bad experiences. This is useful for anyone, especially those with serious mental illnesses. To sign up for Yelp visit the “[How do I sign up for Yelp?](#)” page.

Considerations

Talk with Provider

Before embarking on a social media journey, you should consult your provider for tips, suggestions, pointers, and possible negative implications. Social media can be overwhelming and you should make sure you have some support and experience before getting involved.

Social Media Disclosure

With being on social media, and the internet in general, comes a greater sense of exposure. Your online profile being exposed to a vast array of people does carry some risks. Implications may include some not-as-friendly interactions with others who may be quick to judge, argue, or criticize by means of anonymity. Such negative interactions should be taken with a grain of salt, as they do not reflect the majority of social media users and community members alike.

Time

It does take time to get used to social media, and each specific website. One cannot expect to build an instant social media network in their community. These sites can take a bit of time to master, and therefore requires you to be patient when learning the layout of each social media site. Once you feel comfortable navigating and interacting on each website, community engagement opportunities will be much easier to take advantage of.

Social Media as a Tool

Social media is widely considered to be a tool. Due to this, it can have both positive and negative effects. This must be kept in consideration when you are using social media. Recent research has shown that extended periods of time spent browsing social media as opposed to using it as a means to interact and connect with can have negative side effects. Therefore, social media should be used as just that, a tool to help you connect, and interact with others and the community around you.

In the next section, we have provided a number of links to resources and information on using social media. Some of these include research related to the potential risks of social media. If you are interested or concerned about these, please review the additional resources and talk with your provider about your concerns.

Social Media Resources and Information

This document is just a brief overview of how different social media networks and features can aid community engagement, there is much more to social media than what we have covered in this toolkit. For more in-depth looks at the benefits, downsides, and risks associated with social media use, read some of these helpful studies and reports:

Using Social Media

Which Social Network is Right for Your Personal Goals?

[Figuring out which social networks work best for you](#)

Protect Your Privacy on Social Media

[What you can do to protect your privacy when using social media](#)

Managing Your Personal and Professional Online Profiles

[Examining different options](#) in using social media for both personal and professional uses

10 Ways to Use Social Media for Your Career – Not Just for Killing Time

[Links to 10 different articles](#) that tell how one can use social media to further their career.

Mental Health and Social Media

Online Social Networking and Mental Health

[This literature review](#) looks at online social networking and how it can both negatively and positively affect mental health

Hard Questions: Is Spending Time on Social Media Bad for Us?

[This report](#), published by Facebook examines current research, reviews the bad and the good of social media, and provides recommendations for users.

The Relationship between Facebook Use and Well-Being Depends on Communication Type and Tie Strength

This [literature review](#) looks at different social media theories on well-being, and determine what communication styles and how they can positively or negatively affect different psychological factors of social media use.

Is social media bad for you? The evidence and the unknowns

This BBC (UK) [article](#) examines what science suggests so far about the impact of platforms on mental well-being.

Potential Risks and Dangers of Social Media

Facebook Use Predicts Declines in Subjective Well-Being in Young Adults:

[This study](#) texted participants five times a day during a two week period to examine how Facebook use influences subjective well-being. They found that Facebook use predicts a decline in well-being among young adults.

Six Ways Social Media Negatively affects your Mental Health

[From the Independent \(UK\)](#), April 2018.

Royal Society for Public Health Social Media Report:

A [30 page report](#) done by the Royal Society of Public Health (UK) that examines social media and young people's mental health and well-being.

Social Media and Teens How does Social Media affect Teenagers' Mental Health:

[This article](#), written by Katie Hurley, LCSW of Psycom examines downsides of social media use by teens.

Association of Facebook Use with Compromised Well-Being: A Longitudinal Study

[This study](#) found that the negative associations of Facebook use were greater than or equal to the positive impact of offline interactions.

Conclusion

Social media has greatly affected the way we interact with each other and our communities. It is a growing platform that can greatly aide your efforts in community living and participation. The various features of all social media accounts allow for faster, simpler, and less stressful communication and interaction. Along with this, each social media network carries its own strengths:

- **Facebook** is the largest social media network that specializes in connecting with family, friends, businesses, organizations, and current events.
- **Twitter** specializes in expressing yourself in brief form while also reaching and keeping up with others.
- **Instagram** is great for photo sharing and documenting community participation.
- **LinkedIn** is the premiere career and employment network.
- **Meetup** is great for finding, attending, and organizing community events with others.
- **Yelp** is great to read, and review business, organizations, places, and events.

While all of these networks can greatly aide community participation, you should keep in mind some potential downsides of social media such as:

- The minority of people who intend to spread negativity.
- The amount of time one spends on social media which can lead to negative side effects.
- The potential negative psychological side effects such as loneliness, and comparing to others.
- The risks associated with exposure on these websites such as anyone can see things you post, share, or comment on.
- The giving away of personal information that can be used for marketing and advertisement purposes.

All of these factors should be further discussed with providers before opening a social media account. Social media can be useful for anyone interested in participating in the community and should be at the very least, considered and reviewed as a trending strategy towards engaging with your community.

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