

Social Media, Communication & Boundaries

Social media is an umbrella term for websites and applications that enable users to create and share content or to participate in social networking. Social Networking refers to the use of these websites and applications to interact with other users, or to find people who have similar interests. However, it is important to consider that many people have different boundaries and styles of communication. Therefore, we must take these differences into consideration before we begin our journey with social media. It is also to consider your own boundaries prior to sharing content online.

There are 8 types of boundaries:

1. **Physical:** Personal/body space, privacy.
2. **Mental:** Thoughts, opinion, values.
3. **Emotional:** The ability to separate personal emotions from other people's emotions.
4. **Spiritual:** Beliefs & experiences in connection with God/Allah, gods, higher power, etc.
5. **Material:** The giving or lending of things.
6. **Sexual:** Touch/activity related to sexuality.
7. **Internal:** The ability to regulate your relationship with yourself.
8. **Professional:** Set limits that protect professionals from the vulnerabilities of clients/patients, and clients/patients from imbalanced power dynamics.

Some important questions to consider:

What are your boundaries? How will you (or do you) express where your boundaries are to others?

How do you handle situations where your boundaries are crossed? Were you able to productively resolve these issues? If not, why do you think this was so?

How have you (or do you) handled situations where you crossed another person's boundaries? How can you avoid these miscommunications and boundary crossings in the future?

A reminder that online interactions lack many of the non-verbal cues that we are able to pick up on during in-person interactions. Therefore, you may need to compensate for these absent non-verbal cues by using emoji's or use language that is more gentle than you would use during in-person conversations. Examples of non-verbal cues include body language, eye contact gestures, posture/stance, movement/gait and non-language sounds (ex. sighs, groans, etc.).

General Information

Communication aids: Emoji's & Likes

Online interactions lack the non-verbal cues of communication. Emoji's help provide certain aspects of non-verbal cues & provide more context to your statements. They are not to be used with every message, but they can help compliment online communication. They are best used for non-professional messages.

Example: Thank you so much!!! 🙌

Liking a post on social media is a way to let people know that you enjoy their content/comment without leaving a comment yourself. It also lets the platform (ex. Facebook) know that you enjoyed that content, and to show you similar content in the future.

Facebook

Follow this link to a video which covers many of the topics (and more!) that were discussed during the lecture!

<https://www.youtube.com/watch?v=xu8rh9Ref4Y>

Twitter

Follow this link to a video which covers many of the topics (and more!) that were discussed during the lecture!

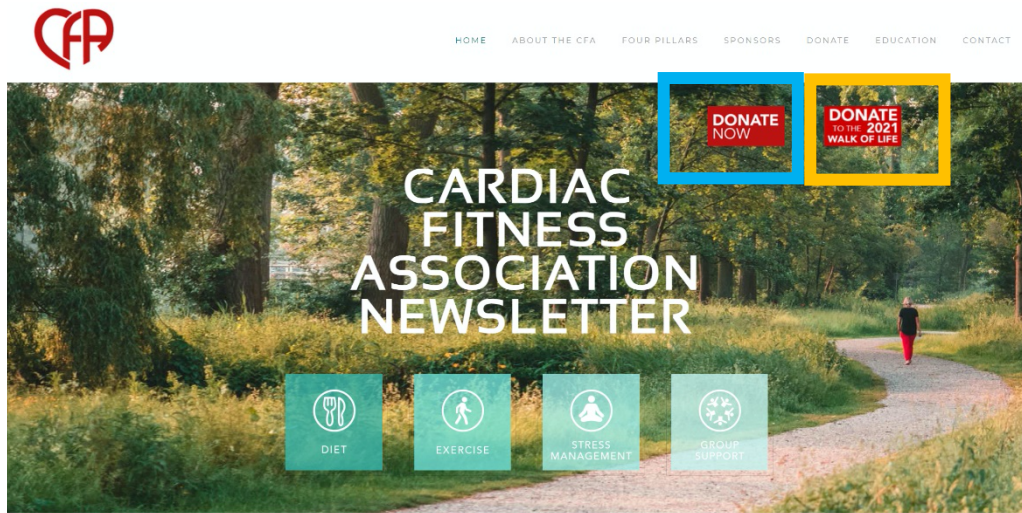
<https://www.youtube.com/watch?v=BwKwOyb62xs>

More Information!

Did we not cover a social media platform you are interested in? Looking for more help with using technology and online applications? Follow this link for instructional videos that cover a variety of online applications and platforms! Topics include Instagram, Facebook, LinkedIn, Twitter, YouTube, as well as Microsoft, Zoom, IOS 14, Spotify (this is a podcasting platform), and many more! <https://www.youtube.com/c/Howfinitly/playlists>

CanadaHelps is a fundraising technology for charities, including the CFA! There are two ways of donating to the CFA using CanadaHelps.

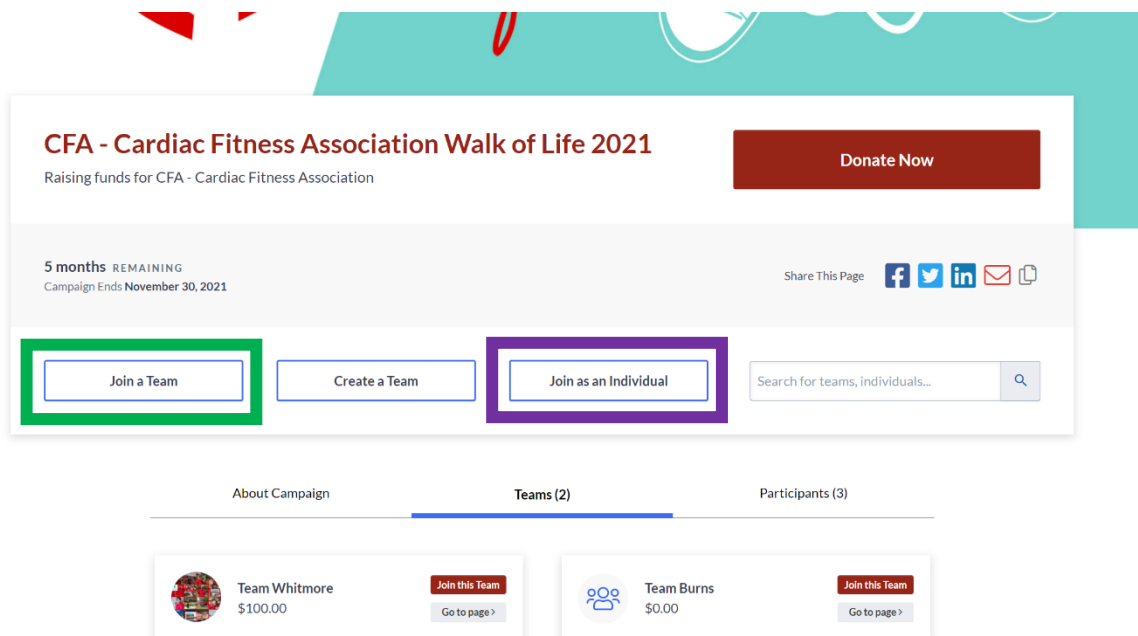
1. Donate indirectly via the CFA website. www.CFAheart.com



If it is a general donation, select the Donate button on the **left**. If you are specifically donating **and/or registering for the Walk of Life**, select the donate button on the **right**.

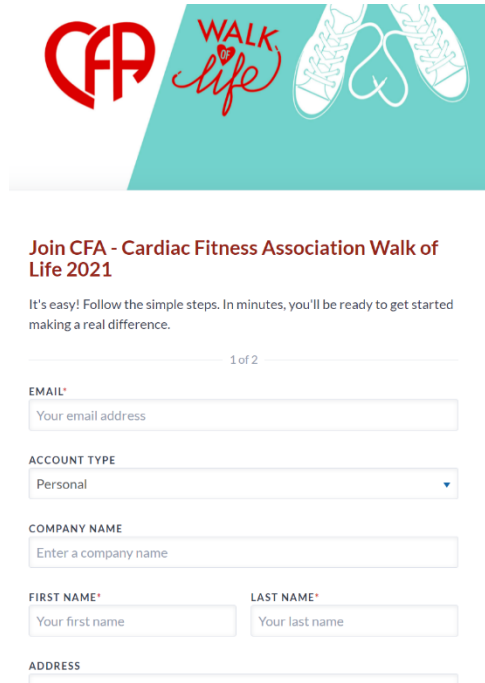
To register for the Walk of Life as an individual, select *Join as an Individual*.

You will be taken to a page where you fill in your information and follow two-page process.



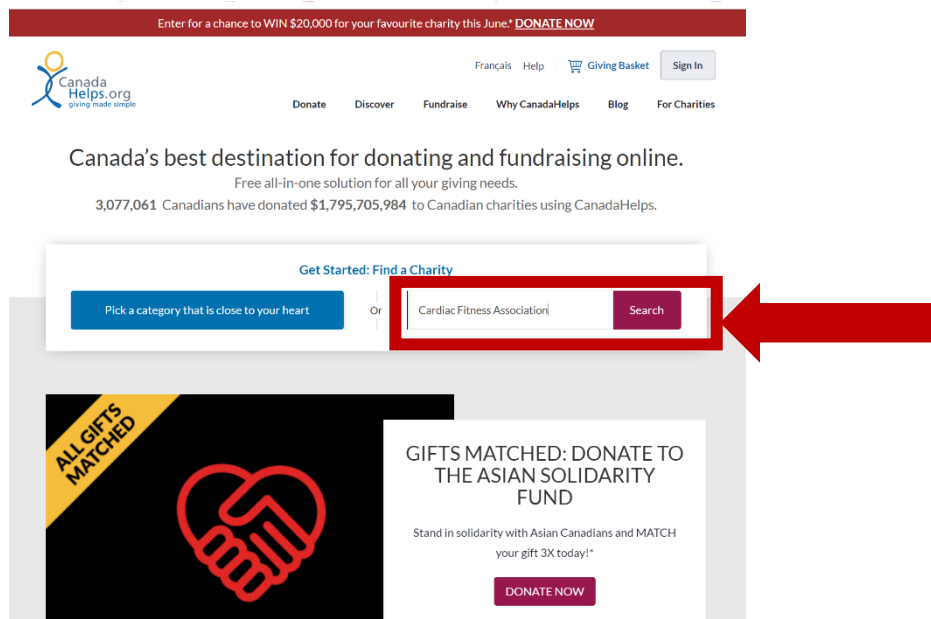
To register for the Walk of Life as a part of a Team, select *Join a Team*.

You will then be directed to the registered team, and you click Join this Team for the team you wish to join. You will be taken to a page where you fill in your information and follow two-page process.



The image shows a registration form for the CFA - Cardiac Fitness Association Walk of Life 2021. At the top, there is a banner with the CFA logo, the text "WALK of life" in a script font, and an illustration of a pair of sneakers. Below the banner, the title "Join CFA - Cardiac Fitness Association Walk of Life 2021" is displayed. A sub-header reads: "It's easy! Follow the simple steps. In minutes, you'll be ready to get started making a real difference." The form is labeled "1 of 2" and contains the following fields: "EMAIL*" with a placeholder "Your email address"; "ACCOUNT TYPE" with a dropdown menu set to "Personal"; "COMPANY NAME" with a placeholder "Enter a company name"; "FIRST NAME*" and "LAST NAME*" with placeholders "Your first name" and "Your last name" respectively; and "ADDRESS".

2. Directly via the Canada Helps website. www.CanadaHelps.org
Type in the charity you wish to donate to, select the charity and follow the donation instructions.



The image is a screenshot of the Canada Helps website. At the top, there is a red banner that says "Enter for a chance to WIN \$20,000 for your favourite charity this June* [DONATE NOW](#)". Below the banner is the Canada Helps logo and navigation links: "Français", "Help", "Giving Basket", and "Sign In". A secondary navigation bar includes "Donate", "Discover", "Fundraise", "Why CanadaHelps", "Blog", and "For Charities". The main heading reads "Canada's best destination for donating and fundraising online." followed by the text "Free all-in-one solution for all your giving needs." and "3,077,061 Canadians have donated \$1,795,705,984 to Canadian charities using CanadaHelps." Below this is a section titled "Get Started: Find a Charity". It features a blue button "Pick a category that is close to your heart" and a search bar containing "Cardiac Fitness Association" with a "Search" button. A large red arrow points to the search bar. Below the search bar, there is a promotional banner for "ALL GIFTS MATCHED" with a red heart icon and a "DONATE NOW" button. The banner text reads: "GIFTS MATCHED: DONATE TO THE ASIAN SOLIDARITY FUND" and "Stand in solidarity with Asian Canadians and MATCH your gift 3X today!*".