**What are the ways to eliminate toxic Behavior on social media apps?**

Social media is our modern form of Technology and Entertainment. Instead of writing mail and posting it off to the post office you could now text on phones, tablets, laptops, etc. and even do something crazy like taking photos and posting them on your timeline for everyone to see. Social media has great effects on people's lives but at the same time it is a very negative flash toxic for them as well and the worst thing about it they might not see that's toxic but outside the box people actually notice. But the question is, “ what are the ways to eliminate toxic Behavior on social media apps?” The answer is there are many ways to overcome this toxic Behavior but first we have to look into toxic behaviors that affects a person's life due to using social media. Why is it so bad to overly use social media?

The first one is **Sad fishing**. Sad fishing is when a person posts about their personal problems for attention and sympathy. This is a major issue because instead of dealing with it personally you're so invested in social media that everyone should know about their personal issues which not only hurts the person posting it but also affects people receiving that message. This may also cause hatred towards the sender because others might feel that the person who sent the message is just looking for attention. If the sender didn't feel as if they were comforted by the audience this may lead to depression or any other mental illness.

Secondly is **Envy**. It is known that in general when people who are not so famous, witness a celebrity, they put that person on a pedestal because the celebrity has been recognized by a ton of people. Even though we like a lot of celebrities, people in society envies some of those who think they are undeserving for all the fame, the glory or anything that could make someone jealous. In the social media perspective, this could be someone “flexing” on their riches for the attention or just really humbled people that shows their everyday life. usually some of those celebrities got robbed or even killed because of it. Not knowing what those people might have been through to get where they are, but in certain cases some people might know but still envy.

The other toxic Behavior is **commoditizing social status via likes**. This is somewhat similar to envy but has a twist. For example, you may have a significant amount of likes on your photos and you feel marvelous about the love that you're receiving. all that Joy has depleted when you see someone with way more likes than you. When you see that, you get a bit jealous but at the same time sad because if you feel like all that attention / love that you've got has been drifting away and forgotten. This specific situation involves a lot of people, especially females. This leads to frustration Stress, Anxiety And Depression.

 Another toxic behaviour is that **personal data is being bought and sold to the highest bidder**.Third-party data brokers, or companies that buy and sell information on customers, have become massively influential in the era of big data. For social media platforms, which capture large amounts of data, these transactions present an enormous new stream of revenue.Most social media users don’t understand the value of their personal data, and it’s become more common to accidentally expose themselves to malicious activity. Facebook users, in particular, were outraged when the third-party data firm Cambridge Analytica got its hands on personal data for as many as [87 million Facebook users](https://www.recode.net/2018/4/4/17199272/facebook-cambridge-analytica-87-million-users-data-collection) -- without their permission. While that breach was the most publicized one, there have been [additional breaches](https://www.nytimes.com/2018/09/28/technology/facebook-hack-data-breach.html) since then.

Continuing, we have **Internet Banging**. Studies suggest that gangs have moved from the streets to the internet. The clashes and taunts between rival gangs in the USA and now the UK has spilt over onto Twitter. Now, threats of online violence often end up in murder.In fact, it is the relatively cheap cost of smartphones and the raised knowledge of street gangs in using the technology that has led to an upsurge in crime in some areas.Likewise, thanks to social media, gang members have instant access to information. This includes names and addresses of potential victims. Members use platforms like Twitter to taunt their rivals. As a result, the US is now experiencing a huge rise in gang-related crime.

The best way to go about these toxic behaviors is to love yourself because once you do that, once you find gratitude within yourself, once you're grateful for the things that you have in life, everything will be okay. By not pedestalizing people, you will realize that everyone is equal, everyone has their own flaws, no matter how famous or rich that person is. Another way to solve it is by not going on social media that much, only to communicate with your people. everyone has a purpose in life, find things outside of going on social media, that will boost your mood that will keep you busy from the toxicity from social media. by finding something that you're passionate about you could take your mind completely off of the past undirected self four opportunities in the future. By supporting and loving one another one another or even leaving people alone to do their own thing, envy and jealousy aren't things to think about.

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