

CLASSROOM DEBATE ON “SOCIAL MEDIAS ARE HAZARDOUS TO TODAY’ S WORLD’S CHILDREN & ADOLESCENTS “BY UNDERGRADUATE MEDICAL STUDENTS IN MUAR, MALAYSIA

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ABSTRACT

While social media sites like Facebook, Twitter and YouTube bring benefits to children and teenagers, they can also expose them to danger and risk. Thus a classroom Debate on “Social Medias are hazardous to today’s world’s children & Adolescents” has been conducted as a Teaching learning activity. The activity has been organized by the 11 students of the rotation 1 Year 3 students (Batch 2017/09) during the Pediatric posting of 8 weeks’ duration. The aim of this activity is to foster learning with a unique learning strategy; to enable students to develop constructive arguments to support opposing views of the given topic; to encourage critical thinking; to raise students’ awareness that most issues are not straightforward and that students should learn to form opinions about their position that they can explain or defend with factual evidence. The students have been briefed on day 1 of the posting and the topic given by the Course Coordinator. The rules and regulations has been presented at start of the Debate session held in 4th week of posting. The speakers are allocated a total of 30 minutes per group strictly managed by the Timer. The 3 speakers each from the proposition and the opposition groups spoke, in alternate turns, to put across the message for or against the motion. A panel of 4 adjudicators, Faculty members in four clinical disciplines, scored the performances according to the given marking scheme template. The other two students did the photography and video documentation. The Best speaker and the Best group are awarded prizes. ALL others are also given participatory prizes; all prizes being sponsored by principal author. Conclusion is according to the winning team message that Social Medias can be not hazardous to children and adolescents, giving sound and concrete reasons.

Keywords: Classroom debate; Social Media, Children & Adolescents.

INTRODUCTION

Educators are always searching for innovative and effective ways to help students learn (Park, Kier & Jugdev,2011). Researchers on pedagogy have described debates as one type of active learning tool that promotes critical thinking (Kennedy,2009). Debates sessions had been implemented at National Defense University of Malaysia (NDUM) over a span of 5 years as reported by Soe- Soe-Aye & MAM Noor (2018). Classroom Debate sessions has also been reported at Asia Metropolitan University (Soe-Soe-Aye, Ahmad A, Thiranraj R, et al 2019 & Soe-Soe-Aye, Ahmad A, Rajiswaran S et al 2019).

A Classroom Debate on Social Medias are hazardous to today’s world’s children and adolescents has been conducted as a teaching learning activity for undergraduate medical students by current batch of Year 3 undergraduate students posted to Pediatrics in November-December 2019

OBJECTIVE

The objective of this paper is to showcase the presentations made on this topic by the 3 speakers each for Proposition and Opposition group and highlight the Introduction, Discussion and Conclusions made upon the Debate session by the Faculty.

LITERATURE REVIEW

All the students and the Faculty did the literature review relating to topic. Please refer to the List of the References

METHODOLOGY

All the 11 students (09/2017) posted to the Paediatrics posting in rotation 1 for 8 weeks, participated in the conduct of the classroom Debate session introduced as one of the Teaching Learning activities. The students elected their own Chairperson and Timer for the session and 3 speakers each for PROPOSITION and OPPOSITION of the topic given by Course coordinator on day 1 of the posting. Each one of them did a Literature review as evidenced by the list of References given. The rules and regulations for conduct of the Debate session and the marking scheme for grading of their performances are given in the students' guidebook. FOUR adjudicators are the panel comprising of 3 Associate Professors invited by the principal author (+1 Professor/HOD = 4).

FINDINGS (PRESENTATIONS)

The speakers spoke in turns, one from each group alternating with speaker from other group. However, the 3 presentations from each group are given as below.

FINDINGS (PRESENTATIONS)

A. PROPOSITION TEAM

1st SPEAKER: MS MOHANA SARASWATHY

A very good morning to the Chairman, the time keeper, the panel of adjudicators and bewildered opponents. I, Mohana the 1st speaker will present some of the reasons why social media is hazardous to children and adolescence, Raynard the 2nd speaker will add on more points of why social media is hazardous and finally 3rd speaker Abishua will summarize the point of the 1st and 2nd speaker. Here are some key points of the topic. According to Wikipedia, children means human being between stages of new-born and puberty while adolescence means process of developing from child into an adult. Hazardous simply means dangerous or risky. Amanda Todd. Who is Amanda Todd?

Amanda Todd, is a 15-year-old girl who is very keen to meet new people all around the world. She likes to video chat with new people over the internet and received compliments for her looks and figure. While video chatting with a stranger, the stranger then persuaded her to expose her breast and took a screenshot of it. He later then blackmailed her by saying he would circulate the topless photo online unless she gives him a show. Around 4.00 a.m. of a Christmas break, police informed her that her topless photo was circulating online. She experienced anxiety, depression and panic disorder due to being sexually exploited. To forget about what happened and start fresh, she moved to a new school and new town with her family, but the blackmailer created a fake profile by using her topless photo as the profile picture. She was given anti-depressant and went for therapy but still couldn't overcome the hateful messages sent to her. In September of 2012, Amanda posted a soon-to-be viral YouTube video titled "My story: Struggling, bullying, suicide, self-harm" telling her story about her struggles with bullying. On October 10 2012, at about 6 p.m., she was found dead at her home Port Coquitlam.

In accordance with this story, this house supports social media is hazardous to children and adolescence.

Just like Amanda Todd, children nowadays are eager to meet new people on social media and share new things. They share their personal thoughts and ideas on social media but as we know, social media is a platform for many people to express opinion on others. This opinion may vary from person to person and the comments of some people would be offensive to the child who chooses to share their thoughts on social media. These negative comments when extended to certain extremes is called cyberbullying.

According to article on “stop bullying”, Cyberbullying takes place over digital devices like cell phone, computer and can occur through applications. It includes sending or posting harmful, false and unkind content about someone sharing personal information. Cyberbullying is where comments focuses on things such as a person’s gender, religion, sexual orientation, race or physical difference. Due to cyberbullying, children nowadays are stressed, moody, has anxiety which leads to a reduced quality of life. Not only being bullied but social media raises a bully. Children are innocent people and are easily influenced by action of others especially on the social media. They might not know that it is an offensive comment and might hurt others unintentionally. They might be a cause of somebody’s depression or death.

Minimum age to sign up for Facebook and Instagram is 13 years old. To follow the trend of having various social media accounts, children nowadays tend to falsify their birth date just to open an account.

Ladies and gentleman, the act of falsifying the birth year is one of the baby steps towards learning how to lie. Moreover, faking the birth year is just an initial step for children to commit bigger crimes in the future. As soon as they learn the function of social media, they will tend to create fake profile and even post somebody else’s picture, creating a fake identity. This can lead to many problems such as people on social media mistaking the identity of their friends and relatives. This can raise a habit of lying in childhood. To summarize, social media does not only cause cyberbullying, it also raises a bully and is potentially an initial step for children and adolescence to commit crimes. Thus, I would like to strongly emphasize that social media is hazardous to children and adolescents.

2nd SPEAKER: MR RAYNARD CHANG XIANG JUN

A very good morning to esteemed adjudicators and my fellow panel members as well as the opposition group, I would like to continue the topic by quoting that social media causes a phenomenon called fear of missing out (FOMO). It is characterized by “a desire to stay continually connected with what others are doing”. It can also be interpreted as a compulsive concern that one might miss an opportunity for an exciting or satisfying event. This phenomenon preys on the fear of “how things could be different if I had done this popular trend at this time and place”. Well, a good example of this is the Boba Milk Tea trend. How does it work? According to Hasnan 2019, the Boba Milk Tea trend spread through social media when children and adolescents post pictures of themselves enjoying Boba milk tea on social media. As a result of many posting, this trend went viral and in turn encouraged more children and adolescents to do the same, as they did not want to miss out on the fun their online friends were having. According to a news article from Today Online by Yip 2019, there was a case where a 14 -year -old girl in China was found to have hundreds of undigested tapioca bubbles trapped in her digestive system, as a result of following the trend. Now, what we can draw from this is

that this trend resulted in health problems among the children and adolescents, mainly an increase in obesity and diabetes mellitus.

Next, I would also like to state that social media lowers self-esteem. This is especially prevalent in women who compare themselves to underweight and photo shopped models online. What they might have known or not is that the majority of models are using filters and clever angles in social media camera applications when taking pictures. According to studies found by Brown 2019, social media sites make more than 50% of their users feel inadequate, with around 50% of 18 to 34 year olds saying that it made them feel unattractive. Ladies and gentleman, why does this happen? This is because people tend to compare themselves to others' seemingly more successful careers and happy relationships shown on social media, which made themselves feel that their lives are less successful in comparison. In this case, women are more affected compared to men. A prime example of this is social media "likes". Many people of this category are "likes"-dependent and how many hours of "likes" they have, determined their mood of the day daily. If they got an unsatisfying amount of "likes", their mood would take a dip and in turn hurt their self-esteem. This leads to an urge of wanting to post another picture or post, in attempts to aspire for more "likes". This results in an endless cycle of the crave for "likes" online and will eventually lead to bolder and more shameful poses being posted, in order, to get a higher number of "likes". Let's raise an example, a normal girl brought up in a sheltered and good mannered environment versus a model who works for an agency. Given that the model would have her pictures photo shopped, the number of "likes" she gets would be higher than the normal girl's. Now this may lead to the girl imitating the model's poses and behaviour in an attempt to get more "likes", but in actual fact she is only changing her sense of values and thus lowering her self-esteem.

Now, I would like to address and rebut (please refer Opposition's first speaker's presentation) that the 19 million people you mentioned also included adults and not only children and adolescents, does it not? Next, I would also like to say that supervision by adults is possible, but there are still cases of full time working parents with their children are being left alone at home to their own devices. Besides, children can falsify their personal information without their parent's knowledge. As for long distance communications, I believe that face-to-face meetings are still needed after some time had passed between the involved individuals. The sense of actually being there is an important fact as well.

3rd SPEAKER: MR. ABISHUA JEEVAN A/L MANIBALAN

A very good morning.

My point on why social media can be hazardous to children and adolescents is, social media can potentially increase the crime rate among children and adolescents. This is because, there are inappropriate advertisements (ads) posted on social media sites. These ads are paid ads which have the permission to post information or illustrations about their products on a particular social media. (Big commerce, 2019). Children who scroll through the news feed can come across certain advertisements that are inappropriate for their age. As we all know, children are generally curious and would like to find and get to know things that are hidden from them by their elders and parents. For instance, some parents would be uncomfortable, talking openly to their children about sex related topics. Therefore, children with a high tendency of discovering sex related topics themselves would go to further extent of discovering them on the internet. This is because, each child will express his curiosity in different ways. Sooner or later, they might end up trying out, disgraceful acts with their peers or strangers that would result in teenage pregnancy. It is no doubt that both children and adolescents would pick up the wrong idea of what love is. For instance, many people can be seen displaying affection

in musical videos called 'Tik Tok'. Children of innocent minds with complex feelings and desires newly developing, may tend to think that what they are viewing is love.

Moving on to the next point, children may imitate the actions done by various 'pranksters' on social media and this will disrupt public peace. The person who is exposed to the prank psychologically experiences threat of say, a fear-inducing prank. Secondly, the video then probably goes online, likely without consent, and then the person's experience gets to be seen by not just the person who pranked them, but by some unknown number of strangers. This might bring embarrassment to the person being pranked. In one case, Michael, age 16, and three other young men attempted to rob a Rockford pizzeria at gunpoint. Pobjecky, an off-duty police officer waiting for a pizza, shot and killed Michael (*Horton v Pobjecky*, 2018). This was captured in video clip. Not only that, the children involved in the prank would only bring disgrace upon their families as the public would view them as 'scoundrels' who were not raised up properly. No mother or father would want such a bad image in the midst of the public would they?

Ladies and gentlemen, allow me to emphasize on the points presented by my fellow colleagues. Points from the first speaker, social media can be a platform for bullies to 'pick on' the innocent children. As explained in the story of Amanda Todd, many children with innocent intentions may become the victims of 'cyberbullying'. If children are allowed to use social media at such a young age, they may end up destroying their lives just like poor Amanda mentioned above. Moreover, social media can be a pit for the downfall of children into lying, cheating and many other bigger crimes. Ladies and gentlemen, it is undeniable that a small lie is what leads to the possibility of conducting a bigger crime in the future. Based on the justification given by the first speaker, if we let the children gain access to social media, they would quickly pick up the habit of lying as they would need to falsify their birth date in order to open up an account on social media such as 'Facebook' and 'Instagram'.

Dear adjudicators and fellow colleagues, the 'Boba Milk trend' as mentioned by my fellow colleague, is a great example of how the social media is bringing children nowadays towards 'negative health'. When I mention negative health, it only means the bad outcomes of an uncontrolled diet on children and adolescents. I would also like to ask a question to this amazing crowd of people. How do children get the knowledge of these highly trending, sweet and health-detrimental foods? Well clearly, no other source is to be blamed other than the culprit of the day, social media. Posts of milk teas, fattening foods such as pizzas and burgers that are trending on Facebook, Instagram and Twitter draw the attention of curious children and adolescents to try them out. It would soon turn into an addiction and this would only further deteriorate the health of these children. Obesity is one of the best-documented outcomes of screen media exposure. Many observational studies find relationships between screen media exposure and increased risks of obesity. (Robinson TN, Banda JA, Hale L 2017)

Last but not least, growing children who look at older women who tend to post pictures of themselves in extreme dressing, for example, brand models, would eventually enter depression. According to the second speaker, Mr. Raynard, it is no doubt that children and adolescents should stay away from such pages or posts on social media for their own mental well-being. It would be even better if they do not use such social media. This is due to the extent of damage these pictures of models on social media can cause to the minds of growing children, especially girls. Viewing these pictures on either Facebook or Instagram will only lower the confidence and self-belief of children and adolescents who more often than not, undergo 'identity crisis'.

For your information, according to the researcher, Erikson E., in the year 1950, an identity crisis is a time of intensive analysis and exploration of different ways of looking at oneself. Therefore, I would like to strongly conclude that the harm brought about by social media websites on the mental and physical health of children and adolescents outweigh the benefits brought by them. There are numerous evidences provided by my colleagues of the proposition team that supports the belief of this house that social media is hazardous to today's world's children and adolescents. With that being said, I pass the floor to the chairman, Mr. Donnington. Thank you.

OPPOSITION TEAM

1st SPEAKER: MS PUTERI MAISARAH BINTI ZOLPAKAR

Do not blame the technology! We do not have a choice on whether we use social media, the question is how well we use it. The topic for our debate is that 'Social Medias are hazardous to Today's World's Children and Adolescent' and we believe that the statement is FALSE. We disagree to the definition given by the first speaker from the proposition team as she fails to define the most important keyword which is 'social media'. Oxford Dictionary of English defines social media as 'websites and applications that enable users to create and share content or to participate in social networking'. From the definition itself, it shows us how benefits could be gained by only using social media! Unbelievably, do you know that there are about 7.7 billion persons in the world, and at least 3.5 billion of the persons are online. This means social media platforms are used by one-in-three persons in the world, and more than two-thirds of all internet users, stated by Esteban Ortiz (2019) which is supported by Pew Research Centre. This is nonpartisan fact tank that informs the public about the issues, attitudes and trends shaping America and the world. It conducts public opinion polling, Their study also found that by using social media, youth can find a lot of information and interact with each other. In terms of mobile social media penetration, Malaysia ranked amongst top five in the world and highest in Southeast Asia according to Latest Digital 2019. Thus, how can we say that social media are hazardous as I believe, there are more beneficial areas that the children can explore. If not, there would not be an overwhelming amount of social media users globally.

Today, as the first speaker, I will rebut the case brought up by the proposition team and provide arguments under the heading 'Digital Opportunity'. Our second speaker will be talking about 'Digital Media; Health and Literacy'. Lastly, our third speaker will rebut the proposition case and sum up our team 's position.

The first speaker from the proposition team mentioned "cyberbullying". The first question that should be borne in our minds is, 'who is responsible?'. I believe that the role of parents and teachers are crucial in this matter. Supervising the youth at school and home as well as educating on the proper use of social media is necessary in today's world. In addition, parents are recommended to install a technology that can keep track of what their children are up to, online in order to monitor their behaviour and attitude in using of Internet. The second point is about falsifying identity in social media. In Malaysia, Facebook is legally governed by the PDPA (Malaysian Government 2010). The ignorance of the consumers on how their consent works could open a gateway for data controllers (UK Data Protection Act 1998s.1{1}), (UK Government, 1998) or data users (Malaysia Personal Data Protection Act 2010, s.4), (Malaysian Government, 2010) to act upon. Not only that, I believe that every social media account user knows the rules and regulations that need to be followed, in order to be an 'online' user. To add on, parents can install file sharing software with their children so that they are informed about their children current activities.

Now, I am going to discuss about my first point which is digital opportunity is the promise of connectivity. This is supported by the State of the World's Children 2017 (UNICEF) that discuss about how digital technology has already changed children's lives from being left behind, whether because of poverty, race, ethnicity, gender, disability or geographic isolation and prove how it help to connect them to a world of opportunity to learn and to socialize, to be counted and to be heard. Nine in ten social media users aged 12 to 15 state that social media has made them feel happy or helped them feel closer to their friends. Two-thirds of them who use social media or messaging sites say they send support messages, comments or posts to friends if they are having a hard time, and one in eight support causes or organizations by sharing or commenting on posts. Not only social media is a tool to communicate, but it gives them an avenue to stay connected with their peers from sport teams, activity clubs and classes while also allowing them to network with others having similar interests. My next point is giving children a voice in their communities. This generation of young people are using social media to amplify their voices and seek solutions to problem affecting their communities. This is proven by the most well-known story of Malala Yousafzai. This 9-year-old girl who fearlessly advocated for girls' education in Pakistan. This captured the attention of the world and eventually she won her 2014 Nobel Peace Prize. As for that, I believe, regardless of the age, anyone can speak for the rights of humans, just as how Malala Yousafzai did.

To conclude, we do not blame the cigarettes for causing harm to health of person. Instead we blame the person who is smoking the cigarette. I believe that there are more great things that we can discover by using social media and let the children to explore it wisely for them to be better future leaders. Thank you.

2nd SPEAKER: MS SAIDATUR RAIHAN BT ABDUL ALI

A very good morning. The second speaker of proposition team stated about fear of missing out in children I disagree because by reminding kids that social media is about image, which is superficial in comparison to real world with interactions and meaningful relationships. Communication is crux of parenting. Set aside tech-free time to connect as a family. Teach kids by example the value of being present with the people around them. The second speaker also stated that social media lowers the self-esteem due to the numerous filters available. I disagree because everyone deserves to feel beautiful even though you may be using filters. I cannot find any fault in it as long it makes you feel happy.

Moving on into Digital Health Literacy. My first point is social media enhances the learning and education of children and adolescents. The idea that digital connectivity could transform education has attracted global interest and opened up new possibilities, as development organizations, commercial software and hardware producers and educational institutions develop, pilot and try to scale up new digital products and services in the education sector. Information and communication technologies (ICTs) are already expanding access to high-quality educational content, including textbooks, video material and remote instruction, and at a much lower cost than in the past. They can potentially increase student motivation by making learning more fun and relatable. And they create opportunities for personalized learning, helping students to learn at their own pace and helping educators with limited resources provide students with better learning opportunities.

My second point is that social media increases access to information. Digital tools and connectivity can provide children with access to education in places where few such opportunities exist. A sense of their promise was evident at a United Nations Educational, Scientific and Cultural Organization (UNESCO) gathering of education and development

professionals in 2015 that looked at the role of ICTs in meeting the education aims of the Sustainable Development Goals. World leaders and education activists met at the United Nations, for a high-level event to mark the inclusion of education as a transformative stand-alone goal in the new 2030 Agenda for Sustainable Development.

Furthermore, social media improves the mental health and wellbeing. This is supported by study published in British Journal of Social Work that by having positive online networks helped young people in care gain 'social capital'. Digital networks were found to help bond a fragmented social life and act as a bridge beyond the immediate care-home environment. Having a strong social support network helps, the physical and psychological isolation reported by young people in care. Keeping up to date with friends and, in some cases birth family members, about everyday life events really helped provide a sense of belonging and connectedness. The study shows how platforms like Facebook can contribute to increased self-esteem and mental well-being, which is particularly helpful for young people in care who frequently report feeling worthless, depressed and isolated. Thank you.

3rd SPEAKER: MR CYRIL DEEBEN A/L RICHARD PACKIAM

Is it the fault of the social media or is it the fault of the user? With this question in mind, let me start. I, Cyril representing the opposition team would like to clearly state that we disagree with the statement and the topic for today which is Social media is hazardous to today's world's children and adolescent.

From the first speaker, when the proposition team started speaking, they kept on blaming the social media for everything. Started with the first speaker till the last speaker. This is because they fail to realize that it is the fault of the user not the social media. Let me explain, the first speaker from the proposition team (Mohana) told about the story of Amanda Todd. First of all, it is her fault because why at the first place, she went and talk with a stranger that she never met before or knew before. Second, why didn't she just block that person because he was asking something that is sensitive. Any human who has common sense would do that. Third, why isn't she under the supervision of her parents. Parents are supposed to monitor their child every time especially of her age. And from what I understand, the parents had not given their consent and this was not her first time. It is clearly seen that it is not the fault of the social media but the lack of attention from the parents and the ignorance of the user that led to this tragedy. Thus, I believe that social media is not hazardous to today's world's children and adolescent as claimed by the first speaker from the proposition team.

Now I go to the second speaker who claimed that social media is a hotspot for bad trends such as the "Bobo tea". It all comes back to the discipline and the ability to prioritize, that the children lack. The ice bucket challenge was also a trend in year 2014 to raise fund for (ALS). It was not a hazardous trend. Same goes to all the other beneficial trends, they are not hazardous but in fact, they are beneficial. Again, the second speaker failed to prove that social media is hazardous.

Social media is not hazardous to today's world's children and adolescent because social medias are the great thing that has happened to the students. These sites have aided so many children and adolescents to do more and become better. Why is that? Be it Facebook or Twitter or Instagram, all these sites contain umpteen educational pages. Someone who could not afford to join classes, he could easily go to YouTube and take free online lessons. For instance, English, an international and effective language, demands that every person must have a command over it. From a beginner to a proficient student, there are lessons available for every

individual on internet. Besides, learning different languages, for individuals who are going to take tough exams like SAT or IELTS, there are different kind of practice tests available that are really helpful. Social media sites have provided the teachers and the students with a class outside a classroom where they can interact at any time. I can talk for days about how social media has helped today's world's children and adolescent but TIME is limited and the other positive points have been spoken by my team.

So, Mr Chairman, distinguished adjudicators and the proposition team, in conclusion, we disagree to social media is hazardous to today's world's children and adolescent because there are more benefits in using social media than the risk. Let me quote the former president of the United States of America, late Mr John F. Kennedy, "Don't ask what the country can do for you but ask what you can do for the country". Social media is there for a purpose and it is the responsibility of the users on how they are using it and it is the responsibility of the parents to educate their children on how to use it properly and to monitor them. I believe that if we know how to use the social media in moderation we will enjoy the benefits of social media and indeed reduce the risk.

DISCUSSION

Today's children and adolescents are immersed in both traditional and new forms of digital media. Research on traditional media, such as television, has identified health concerns and negative outcomes that correlate with the duration and content of viewing. Over the past decade, the use of digital media, including interactive and social media, has grown, and research evidence suggests that these newer media offer both benefits and risks to the health of children and teenagers.

As the influence of digital technology –and especially the internet – has increased, the debate about its impact has grown louder: Is it a boon to humankind, offering unlimited opportunity for communication and commerce, learning and free expression? Or is it a threat to our way of life, undermining the social fabric, even the political order, and threatening our well-being? This is an interesting but essentially academic debate. Because for better and for worse, digital technology is a fact of our lives. Irreversibly. For better: The boy living with cerebral palsy, interacting online on an equal footing with his peers, for the first time in his life his *abilities* more 'visible' than his *disability*. The girl who fled the violence in the Syrian Arab Republic with her family, recapturing her future guided by a teacher at the Za'atari refugee camp as she uses a digital tablet to learn.

Each of the 3 speakers from each of the 2 groups have presented the messages to support their side of the motion. All of them have done their best not only in presenting facts and figures and their sources but their attire, usage of words, intonation at time of delivery at the Debate are commendable. The members of the panel of adjudicators had a tough time deciding which one of the six speakers is the best and also which group is the winner of this debate session.

Table 1 Scores of the six speakers by the 4 adjudicators

Adjudicators	Speakers					
	P1	P2	P3	01	02	03
1	60	62	84	65	77	89
2	70	68	81	76	70	89
3	71	60	78	91	94	84
4	73	74	78	80	82	80
TOTAL SCORES	274	264	321	312	323	342
BEST GROUP	859			977		

BEST SPEAKER: Mr Cyril Deeben a/l Richard Packiam

BEST GROUP: Opposition group: Ms Puteri Maisarah binti Zolpakar; Ms Saidatur Raihan bt Abdul al; Mr Cyril Deeben a/l Richard Packiam.

CONCLUSION

Evidence-based benefits identified from the use of digital and social media include early learning, exposure to new ideas and knowledge, increased opportunities for social contact and support, and new opportunities to access health promotion messages and information. To promote health and wellness in children and adolescents, it is important to maintain adequate physical activity, healthy nutrition, good sleep hygiene, and a nurturing social environment. A healthy Family Media Use Plan (www.healthychildren.org/MediaUsePlan) that is individualized for a specific child, teenager, or family can identify an appropriate balance between screen time/online time and other activities, set boundaries for accessing content, guide displays of personal information, encourage age-appropriate critical thinking and digital literacy, and support open family communication and implementation of consistent rules about media use. This is in accordance with the winning OPPOSITION team's argument that Social Medias are not hazardous to today's world's children and adolescents.

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