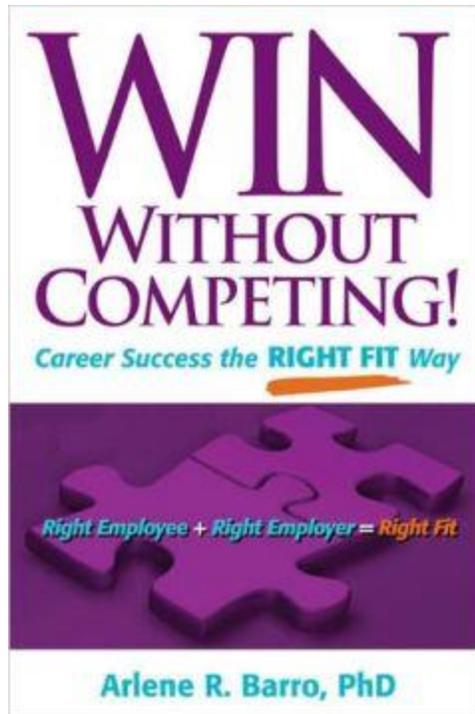


Conquering Stress! With Dr. Arlene —Shooters on Social Media Cause Stress



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By Dr. Arlene Barro

Why is Facebook live streaming shootings and suicides, leaving the videos up for 24 hours, to ignite copycats? These “Performance Crimes” make shooters famous as the news media echoes and enhances the events. The horror, stress, and anger of victims’ families is unimaginable.

Protocol to Kill on Facebook?

Zuckerberg, from his Harvard dorm room, started Facebook with a group of friends. He left Harvard, propelled by passion, to pursue his dream. On Oct. 1, 2005 he launched the college version of Facebook. On May 18, 2012 Facebook went public. By April 2016 everyone had to the ability to go Live on Facebook.

Today, Zuckerberg’s dream is dead. Facebook enables, encourages and endorses atrocities. It refuses to assume any responsibility for the actions of its users. After the first shooting on Facebook Live, it should have been shut down. Instead, it has fostered the development of an unwritten **Protocol to Kill** for individuals. Here it is:

1. Create profiles to express hate. Acting as part of the community, they frequently stalk their victims before killing them, according to Alexander Robertson in the Daily Mail, April 24, 2017.
2. They announce the crimes either on their profile or on video before shooting the victims.
3. They Video Live the murder or murder/suicide combo.
4. They confess crimes on Live Video after the events. The videos of the shootings spread like wildfire to other social media sites, such as Twitter.

It is inconceivable that social media sites including Twitter would retweet the videos. Moreover, Twitter allows its shooters to tweet before, during, and after their killings. **Where is the outcry against turning shooters into stars?**

When violence and technology collide, the results are horrifying. Emma Levett on *Whimm.com* on May 5, 2017 described the live streaming of a father murdering his baby and then committing suicide. Levett reports that the video was posted for 24 hours on Facebook. Consequences to Facebook? None!

How does Zuckerberg sleep at night?

Zuckerberg's net worth is about \$70 billion which fluctuates with market volatility; Facebook about \$139 billion. Initially, Facebook set a positive standard for other social media sites to emulate. Today, it is a role model and haven for haters. Facebook sponsors violence and profits from it, while serving more than two billion users.

The situation gets worse. Facebook has other protocols to positively or negatively reinforce their members' behavior to control their minds. The results: addiction, depression, anxiety and suicide.

Special schools have been established in Silicon Valley without technology. Executives from the world of social media send their children there. They recognize the negative impact of technology on their children's health. What about ours?

In Lisa Ling's chilling CNN documentary *Screen Addiction* which aired on Oct. 14, 2018, she points out that "social media addiction is by design not by accident." She discusses Facebook, Instagram's self-harm cutting communities, and YouTube. I also recommend reading my columns: "Losing Communication Skills Causes Stress" (July 2018), "Smartphones Cause Stress" (June 2018) and "Emailing Causes Stress" (August 2018) for pertinent information and stress strategies.

Why is Social Media Unregulated?

Zuckerberg, chairman and CEO of Facebook, testified before Congress in April 2018 about selling their users private information. In his 752 pages of testimony, he basically says nothing other than, “*We need to do better.*” Children respond that way. Zuckerberg was really saying, we will never regulate ourselves.

Facebook has a variety of lawsuits pending. Private citizens cannot afford long term lawsuits, which gives Facebook a significant advantage because they can stall forever. Recently, two new lawsuits emerged which could have a significant impact on the functioning of Facebook. On Oct.2, 2018 Reuters reports that the Federal Government is suing Facebook for enabling human trafficking. In a related lawsuit, which ignited the latter lawsuit, an anonymous Texas teenager maintains that a pimp, with a false identify, befriended her on Facebook, later beat, raped and forced her into sex trafficking.

Both lawsuits maintain that Facebook turned a blind eye to sex trafficking because they use an unrestricted platform which enables sex trading. Landmark decisions are urgently needed to regulate Facebook. Social media should not be used to showcase shooters, suicides and sex trafficking. Speak up!

Questions about this column? Email drbarro@barroglobal.com.

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