

ZÁKLADNÍ ŠKOLA ÚPICE-LÁNY
Palackého 793, 542 32 Úpice



ABSOLVENTSKÁ PRÁCE

**ACTIVE PARTICIPATION ON
SOCIAL MEDIA
(POHYBUJI SE NA SOCIÁLNÍCH
SÍTÍCH)**

ELIŠKA DOLEJŠKOVÁ

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I INTRODUCTION

Today, social media is an important part of our everyday life. Many people, especially young people, use platforms like Instagram, Facebook or Tiktok. They do not only watch content, but they also create, share and comment on it. This is called active participation on social media. In this project, I want to explain what active participation means and why it is important. I will also describe how young people use social media and what positive and negative effects it can have. Social media can help us communicate, learn new things and express our own opinions. However, it can also bring some problems, for example too much time online or negative comments. The goal of this work is to better understand how we can use social media in a good and safe way. I will try to show that active participation can be useful if we use it responsibly.

II THEORETICAL PART

1. History of Social media

1.1. The rise of Social media

In the 1990s, systems like **BBS (Bulletin Board Systems)** were one of the first forms of online communication, even before the Internet became popular. BBS worked in the 1970s and 1980s of the 20th century. Users joined in with their phone link. Every BBS was usually operated by only one person. They were very slow and only worked for a limited amount of people at one time. In the 90s **SixDegrees** was created, the exact year is 1997. You were able to create your own profile and talk to people. This is considered to be the first social network.

Then appeared platforms like **Friendster** and **MySpace**. MySpace was very popular among younger people and musicians. Users could share their music and create their profiles.

But before that in the 90s, there were **Chat rooms**. People were able to chat with more people in real time. Unlike BBS, people could communicate immediately, and could even create their own usernames. Chats were divided according to topics, for example, music, games or just meeting new people. Chat rooms were basically our Messenger or Whatsapp.

In the year 2004 **Facebook** was created. It was firstly supposed to be only an app for students in universities but soon Facebook had over billions of users. Facebook came with an easier design of using.

The next network was **Twitter** which was designed in 2006. You have been able to post posts called “Tweets”. Users can share their thoughts. It is called X these days.

In 2010 **Instagram** appeared for uploading photos. Later on they added stories and videos.

Around the year 2018, **Tiktok** joined the social networks. You could only watch short videos at the beginning but later on they extended the possibility of sharing longer videos. It is one of the most popular networks among the younger generation but also has a high risk of addiction and reaching dangerous ideas on whatever you can even imagine very easily there.

1.2. First Social media

The first true social network is considered to be SixDegrees, a Web that allowed users to create profiles and add friends, principles that are still used today. SixDegrees was followed by other social networks such as Friendster and MySpace. These platforms demonstrated that social networks have significant potential and are popular among users. With the arrival of services like Facebook, YouTube and Twitter, social networks became even more popular.

1.3. Most popular Social media

When social networks are mentioned, many people first think of the platform TikTok which is primarily focused on creating short videos. However, among the most popular social networks are Facebook and Instagram. Almost every user is familiar with Facebook which allows sharing photos, videos and communicating with other people. Instagram works on a similar principle but is more focused on visual content and is especially popular among the younger generation who often prefers it over Facebook. One reason may be its clearer interface and easier navigation. Older users between the ages of 30 and 60 tend to use Facebook more often, while the younger generation generally prefers Instagram. Although these platforms are very widespread, TikTok is also among the most popular social networks, as it is focused exclusively on watching and creating short videos. Another significant platform is YouTube where users can watch longer-form videos than on TikTok or Facebook.

These are logos of social media:

TikTok¹



Facebook²



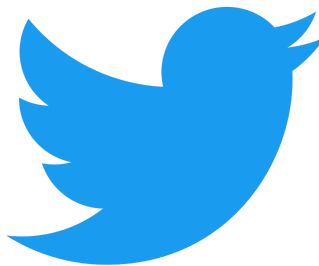
Instagram³



YouTube⁴



Twitter⁵



Twitter - X⁶



¹ <https://www.stickpng.com/img/icons-logos-emojis/social-media-icons/tiktok-app-logo>

² https://cs.wikipedia.org/wiki/Soubor:Facebook_f_logo_%282019%29.svg

³ https://cs.wikipedia.org/wiki/Soubor:Instagram_icon.png

⁴ https://cs.wikipedia.org/wiki/Soubor:Youtube_logo.png

⁵ https://cs.wikipedia.org/wiki/Soubor:Logo_of_Twitter.svg

⁶ <https://www.magnific.com/free-photos-vectors/x-logo>

2. My presence on Social media

2.1. My English

My English was not good when I was in the 6th grade, I had problems with speaking and I had average grades. That was until summer after the 6th grade, my cousin introduced me to a serial called The Vampire Diaries. I watched it in Czech first but I started to dislike the dubbing, so I decided to try it in English with Czech subtitles. I finished the series and decided to watch another serial called The Originals. I watched it in English, but this time with English subtitles. After that, I started playing online games where English was necessary. And then, I started to read books in English. I understood every word that was written in the book, which was good for me, so my parents didn't know what I was reading about.

2.2. Discovery of Social media

I started using social media at the age of 12. At that time, I didn't yet know English, but I began playing games in which knowledge of English was necessary. Thanks to these games, I gradually learned new vocabulary that I hadn't known before. While playing, I also started communicating with other players and establishing regular contact. My first social network was Instagram; later, I also began using TikTok. Through these platforms, I connected with people from different parts of the world, mainly thanks to shared interests. But it was kind of hard to make friends on the Internet because you cannot just trust anyone on there, so you need to get to know each other before actually opening up to them because you never know who is behind the screen. That is why it is important to get to know them well first.

2.3. Contact with people abroad

I remember that the first person from abroad I met was from Bulgaria. We met through a game and soon started communicating. We found out that we both watched my favourite serial The Vampire Diaries which helped us build a close connection right from the start. We often talked about both the series and the game itself. Thanks to this friend, I also met other people from Bulgaria with whom I gradually formed friendships and I am still in contact with one of them to this day. Building new relationships was also easier because users share contacts with each other and join common groups where they then communicate together. After about three years, I started playing a game called Valorant, in which communication in English is essential. It is a game focused on teamwork, planning tactics and strategies, which requires active use of the English language. Here I also found a number of friends who I can

confidentially talk about my everyday problems with. They are now a very important part of my daily life and sometimes I cannot imagine my life without them.

3. My experience

3.1. Positives

Social media has many positives. Among the main advantages is, for example, the **improvement of English language skills**, especially with frequent use. Users can **find many friends** there who support them and stay in touch even in difficult situations. When needed, it is possible to turn to these friends and communicate with them almost immediately. I am very grateful for such relationships. One person who is especially important to me is my best friend from India, who knows many personal things about me and always supports me. Another positive aspect is the opportunity to learn about the culture of other countries through communication with people from abroad which I consider very interesting.

Also on social media, you can **find any information or news** quicker than on TV which is a good thing.

You can **share your own opinion** on social media but some people might disagree with you which can lead to a fight which happened to me as well. One person did not agree with my opinion and we got into a fight but I ended up blocking them.

3.2. Negatives

However, on the other hand, the use of the Internet comes with certain negative aspects such as **cyberbullying** where individuals on the Web harass other users through text, speech or an act. Another major bane is the issue of **cybersecurity**. The Internet is full of fake personas. Fake persona is a person who made a copy of your account and pretends to be you. There are also a lot of **scammers**. If somebody wants to buy something online, they should be careful because sometimes the shops sell fake goods. When you buy something from the shop and put in your card, they can easily take your money from the card.

Also a big issue on the Internet is **fake news**, it is an unverified Web that is spreading false information.

Addiction is also a very common issue, users who use the Internet all the time, get addicted. They are not able to go even an hour without using the Internet, and that leads to sleep

problems. It can mess with your sleep and it is very hard to get back to a normal sleep schedule. **Social isolation** is another issue, you start to talk to people online instead of real people and that leads to a hard time making friends in real life or even communicating properly.

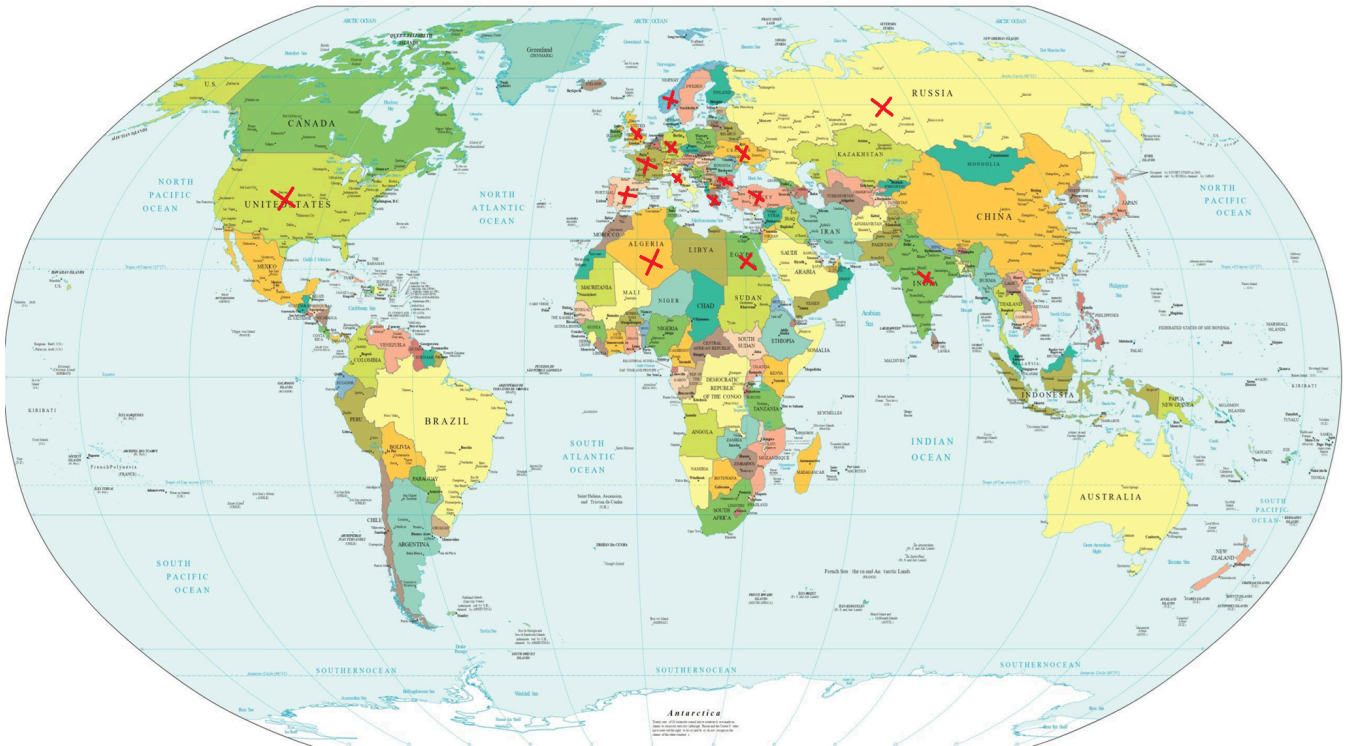
A big issue that I have as well is **comparison to other people**. People often compare themselves to people online but many of the people online use filters to make themselves look prettier. You can also build **depression** through using the Internet because of people posting depressing stuff there, you start to think that you have depression as well and it's hard to go back to normal. They even start to build **anxiety**, they cannot talk to people in real life and they have a hard time, for example, presenting something in front of their class or teacher.

Unfortunately, people can **lose their privacy** by hackers getting into their account if they do not have a strong password and they can misuse their private information from social media.

III PRACTICAL PART

1. MAP

For my practical part, I chose to do a map along with my dialog with my online friend. I will put all my online friends from abroad into this map and I will show you the furthest contacts that I have, the most interesting contacts and the contacts that are the most important to me.



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My most frequent contact is my friend from Egypt, we play together every Friday, he likes to read and he is very talkative. My friend from Lithuania is literally my best friend, she is the same age as me and I met her in a friend group, even though we left that group because of how rude the people were, we never stopped talking. She likes to write, play games and listen to music. My other very close friend is from Germany, he knows everything about me and he never lets me down. He has been there for me every time I needed him and I am so grateful for him. We sometimes play games together. He works from home so I can always call him. I like him because he is funny and I always joke with him when I say some German words, because sometimes my pronunciation is bad.

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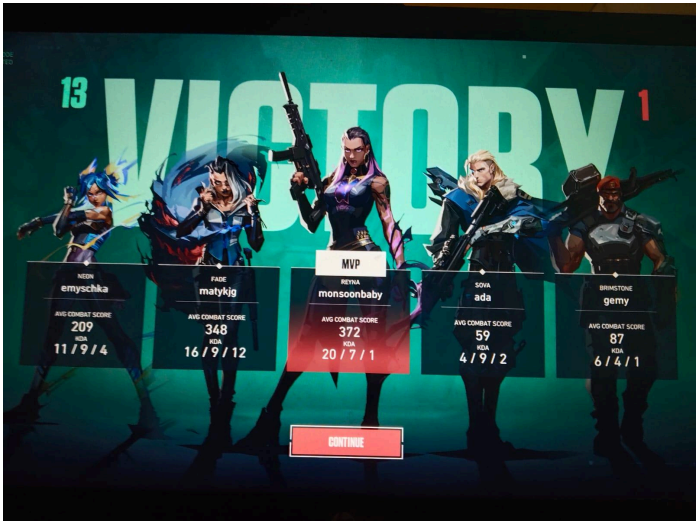
<https://www.posters.cz/world-map-highly-detailed-vector-illustration-f90482574?srsId=AfmBOor8dAbNK5DPMr9IQjmCbybVzOwe3NqOyt0Ak5vlv6IgI3UkfIqd>

And let's not forget my best friend from India, we call almost every day even if we do not play, we talk about literally everything. I also have a friend from America, she also helped me with this project, to form some words. I am so grateful to have her, we do not talk a lot but she is still here for me.



This is me and my friends calling in our group chat. I am the one with a pink background, Gia is the one with the sand colour background. I can always join the call whenever I feel like it because there are at least 10 people in the group, so somebody is always on the call. Regardless if it's just talking or if somebody is streaming their game to us.

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And this is me and my friend group when we play together, it is our favourite game and we play it almost every weekend. They never got mad at me or someone else if me or they are bad at the game, they've always been so supportive towards each other. We either talk in voice chat (in the game) or on call but mostly on call.



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We also have timezones. When I go to sleep, my friend wakes up to get ready for school. I have more friends from Europe but I have at least 4 friends who are from Asia. We all speak English together.

⁸ My own picture
⁹ My own picture

2. INTERVIEW WITH MY FRIEND FROM INDIA

I also chose an interview with my friend from India, where she talks about her culture.



¹⁰

¹⁰ My own picture

INTRODUCTION

My friend's name is Gia, she is from India, specifically from Kolkata. She likes to sing, watch shows, play games and DIY crafting. She has been there for me many times, I am truly grateful to have her in my life.

INTERVIEW

Eliška: **Hello Gia**

Gia: Hello Eli

E: **So, Gia, where are you from?**

G: I am from India, Kolkata.

E: **And how old are you?**

G: I am twenty five years old.

E: **And what do you study?**

G: Right now I am doing my master's degree in interior designing.

E: **I would like to ask you about what you celebrate in your culture?**

G: In my country, **we celebrate a lot of festivals**, and they start from the very beginning of the year, so in early spring, and go all the way up to the end of the year, so the winters.

But my two favourite festivals are **HOLI** and **DIWALI**.

Let me tell you a little bit about them. So **Holi** happens during the initial part of the year, around March and it's also known as the festival of colors because in this festival, we apply gulal or colored powder to our friends and our families and it ranges from all sorts of colors, anything you can imagine. And we also go around with water guns and water balloons and throw them on each other because it's just a very fun festival. The other one, **Diwali**, happens

towards the later half of the year which is around September or October and it's also known as the festival of lights because in this festival, we burst a lot of crackers and do a lot of fireworks and we also light a lot of lamps, also known as diyas. So it is to ward off evil and to rejoice in the goodness of this life. So yeah, these are my two favourite festivals that we celebrate.

E: **Thank you, Gia.**

HOLI



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Holi, also known as the festival of colours. People put coloured powder on each other. This tradition marks the end of winter. The night before the festival, people light bonfires to say goodbye to winter. This year they celebrated it on the 22nd of March, 2026.

¹¹<https://www.simlocal.com/post/holi-india-everything-you-need-to-know?srsltid=AfmBOopoyeTiANQWeRco7e6XrUboywB93JeDJPkYJEz62PBsE7dV5Zbe>

¹² <https://finduslost.com/holi-festival-in-india/>

DIWALI



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This is **Diwali**, an Indian festival, where they light up candles and fireworks. It marks the light over darkness and good over evil. This year they celebrated it on the 6th of November until the 11th of November, 2026. It is one of Gia's favourite festivals.

3. MY ENGLISH TEACHER'S POINT OF VIEW

As Eliška's English teacher, who has known her since her very first steps in learning the language, I can confirm that what happened was truly remarkable - something I would not have believed had I not witnessed and heard it myself during my teaching career.

Eliška initially showed virtually no aptitude for English and her pronunciation was considered rather below average. She did not enjoy the subject, struggled with it, and I was concerned about her further development, as her overall results were becoming increasingly below average.

However, after the summer holidays, a completely different student returned to my seventh grade class which I noticed immediately during our first English lessons. Her progress across all aspects of the language was astonishing and difficult to comprehend.

When I asked what had happened, her answer was simple:

"I watched a TV series in English."

¹³ <https://www.bbc.com/news/articles/c99rx7nyypgo>

¹⁴ <https://www.wypr.org/2021-11-04/heres-how-india-is-celebrating-diwali>

IV CONCLUSION

In the end, I want to say that social media is an important part of our daily lives, they come with great benefits, fast communication, teaching new things, discovering new cultures or finding new people.

On the other hand, it comes with negative aspects, which we should try to avoid and be careful with what we put or share on the Internet. Every person should not spend too much time on social media for their own health. Using the Internet can be a very useful thing to every one of us. But of course, we should always be careful.

I do think that I have improved in English language a lot but there are also times where I am insecure about my English, scared of how to pronounce difficult words or write them correctly. Especially when I am talking to an English speaking person but they have always supported me no matter what, that is why I love my friends online. But you cannot let that stop you from speaking to them because I have learned so many words from them, that is why my English is at this level.

I do realize that I probably spent a lot of time on the Internet, yes my English is way better now but I started to set boundaries on how much time I spend on the Internet, for example, hanging around with my sister or my real life friends. I do have social anxiety which means I am scared of talking to people in real life. But I think that I am getting better because I keep trying and I am proud of myself.

I would like to thank Mrs. Votočková who had created an idea of my whole graduation project and to my English teacher Mrs. Tejklová who had convinced me to write this project in English, which was the greatest I could do. I feel more confident creating sentences in English than in Czech language.

V RESOURCE LIST

1. Historie sociálních sítí. Online. In: Chat Gpt. Dostupné z: OpenAI, URL. [26.4.2026]
2. the first social media. Online. In: Wikipedia. Dostupné z https://cs.wikipedia.org/wiki/Soci%C3%A1ln%C3%AD_s%C3%AD%C5%A5 [12.4.2026]
3. PECHÁČKOVÁ, Marika. *Kdo chytá v síti*. Brno: BizBooks, 2020. ISBN 978-80-265-0919-6.