ISRAEL AND PALESTINE

What is going on in the Middle East with Israel and Palestine is an extremely complicated topic, and in recent weeks has been extremely talked about on social media. With these discussions, (which are so important to have!) comes a lot of antisemitism, misinformation, islamophobia and more, and this can have an impact on our mental heath.

When you're scrolling on Instagram, watch out for those infographics people put on their stories; a lot of them contain fake statements, and are actually sometimes full of hate speech. Check your sources before sharing something, and check up on your friends who may have family affected by what is going on. What is happening over there has been going on for longer than some of our grandparents have been alive, and it just cannot be explained in a post on social media.

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Often, when a post on what's happening in the Middle East is misinformative, it can end up being really, for example, antisemitic. Whilst scrolling through Instagram recently, I've seen things that when you look furher into, you'll see that an image posted is from an entirely different time. Nevertheless, it is important to learn about this, so do your research using professional sources, and writers over in the Middle East. Don't assume that just because an infographic slideshow on Instagram that's three sentences long says something, then it's true. Equally, check in on your friends who are from or may have relatives from places affected by this.

To anyone affected, my heart goes out to you.