

THE VALUE OF SOCIAL NETWORKS WITHIN THE PARADIGM OF CITIZENS' POLITICAL RIGHTS AND OBLIGATIONS

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ABSTRACT

Social networks constitute a new language in our society, its use depends on the clear awareness of citizens for the social impact it causes on the person who uses them as the community in general, who is the recipient of such information, hence the importance of their responsibility in handling them, on the other hand, we must protect ourselves from attacks that we are exposed as citizens, such as cyberbullying or cyberbullying and Sexting harassment. The response to this behavior will be consistent with the way we repel it, hence the knowledge of these practices is vital to save lives that are sadly lost, by these behaviors against the dignity of people.

Keywords: citizen, cyberbullying, sexting, Grooming, fake news.

INTRODUCTION

One of the main challenges of every human being is a peaceful coexistence in which he can meet his needs, with a minimum of problems and finding the desired happiness, coexisting with others; however, achieving this ideal depends on a number of factors that go hand in hand with the mission and vision we have as a society, because our way of seeing life does not necessarily imply that of other people. Thus, politics comes to have a meaning that transcends an election at the time of exercising the electoral vote; it is the process of making decisions that apply to all members belonging to a State called citizens, therefore, it is evident the need for us to participate in this process.

When we focus on integrating our ideals to those rules that are established through the public policies of the State, we are carrying out citizen participation. In the past as today, writing was used, the word that transcends sound waves through radio, television or mail; and the information

was concentrated in a few, but with the passing of time, this way of communicating was changing, which is why electronic platforms have gradually displaced the traditional forms of communication and information search, bringing great benefits global, but also dangers to society, especially to the most vulnerable population, such as minors, the elderly and citizens who do not have easy access to quality information.

JUSTIFICATION

Every day we observe that there is a need to inform those around us of the benefits and dangers of using the social networks, since we constantly observe how part of the population becomes victims of sexual predators, swindlers, extortionists, murderers, to mention certain crimes and the public exposure of more and more people, creates the need to prevent our fellow citizens; On the other hand, large companies have used programs to avoid frauds, but nowadays, small entrepreneurs, must be covered with formulas of easy access to their economy, to avoid being a victim of aggressions to their economy. Therefore, this work seeks a preventive and at the same time creative purpose, to create awareness of the role played by the good use of social networks worldwide.

WHAT DOES IT MEAN TO BE A CITIZEN?

A citizen is a person who belongs to a place, has the possibility to actively participate in his or her community and acquires rights and obligations by being a citizen.

Having this concept clear, we must understand that citizenship is not obtained only by being 18 years old and exercising the right to vote; it goes much further; it is a right that is acquired from the moment a birth occurs and consequently the registration of a person before the State. The aforementioned registration is what we call a Birth Certificate. It means that before the country one exists, and obtains all the other rights. One should always feel proud to be part of the place where one is born, raised or chose to live; to be subject to a State with which, in most of the times, one will establish reciprocal ties of rights and obligations. For that reason, the most important act and the best gift that can be given to a newborn is to register him/her before the Civil Registry. If this is not done, that person will be like a ghost all his life: he will not be able to get an education, receive health care, work, get married, buy a house, have a pension or so many other things that we do in life. It is very sad to see people who have not had these benefits and have achieved so little in a life of hard work.

Humanity lived through very difficult times when it experienced slavery, but in moving to freedom, it came at a high price. It was not easy. There were bloody wars, but it all came together in the Age of Enlightenment.

In order to be able to build a solid Nation, this set of inhabitants must have a law that protects them from what many historians have called the “monster of the State”. But equally, in order to be able to covenant with this entity that represents the State, the inhabitants commit themselves to have duties. Their obligation within these duties is to respect the prevailing norms of a country. Now, the rulers must lead the country based on the need for the healthy coexistence and welfare of each inhabitant, but they must also take into account the political organization, to govern with justice and equality, without distinction of sex, race or religion. So what we call social pact or contract (rights and duties of citizens) is contained in the Political Constitution of each country: it is the norm of norms, the maximum law that governs a Nation.

WHAT ARE MY DUTIES, RIGHTS AND RESPONSIBILITIES AS A CITIZEN?

A right is a benefit, or a gift to which one is deserving. An example of this is the right to education, but this implies that one has the possibility to study and therefore, we are responsible for going to an educational center and fulfilling the assignments given by the teachers. When we refer to the duties, they are the other side of the rights that we have; generally they are found in International Agreements, approved by the different countries to be laws that govern us.

All citizens must behave correctly and strive for peaceful coexistence: for example, we must respect the physical integrity, beliefs, differences and lifestyle of other people; know how to take care of our neighborhoods by keeping the sidewalks and streets clean; care for and respect animals; pay our taxes so that the State can build more schools, state buildings for playgrounds, etc. There are also civil rights, such as exercising the right to vote, to be part of a political party, or to have the opportunity to run for office through a political party or free nomination and thus participate actively in the community, either as a political aspirant or as an active citizen in this community and country.

During the meetings to form the UN it was decided to “put in black and white” the fundamental rights of individuals, which is what we now know as the “Declaration of Human Rights”.

It is perhaps the first time that the majority of countries agreed to the benefit of all the

inhabitants of this planet.

THE DECLARATION OF HUMAN RIGHTS

Human rights are the promise that never again will the atrocities that our ancestors lived through be repeated: when human life and dignity were not respected, when a person's name and identity, his roots, his race, his right not only to food, but also to security, health and education were not valued. Now we are going to talk about the Declaration of Human Rights, which was drafted by representatives from all regions of the world with different legal and cultural backgrounds. It was proclaimed by the United Nations General Assembly in Paris on December 10, 1948 as a common ideal for all peoples and nations.

The Declaration consists of a preamble containing six considerations on rights and 30 articles. They are:

1. All human beings are *born free and equal*.
2. *All persons are entitled to the rights* proclaimed in this charter.
3. Everyone has the right to *life, liberty and security of person*.
4. No one shall be held in *slavery or servitude*.
5. No one shall be subjected to *torture or to cruel, inhuman or degrading treatment or punishment*.
6. Every human being has the right to *recognition as a person before the law*.
7. Everyone has the right to *protection against discrimination*.
8. Everyone has the right to *an effective remedy before the courts*.
9. No one shall be *arbitrarily detained, exiled, or imprisoned*.
10. Everyone has the right to an *independent and impartial tribunal*.
11. Everyone has the right to *be presumed innocent and to just punishment*.
12. Everyone has the right to *privacy, honor and reputation*.
13. Everyone has the right to *liberty of movement and freedom to choose his residence*.
14. Everyone has the right to *asylum in any country*.
15. Everyone has the right to *a nationality and the right to change his nationality*.
16. Everyone has the right to *free marriage and to the protection of the family*.
17. Everyone has the right to *individual or collective ownership of property*.
18. Everyone has the right to *freedom of thought, conscience, and religion*.
19. Everyone has the right to *freedom of opinion and expression*.
20. Everyone has the right to *freedom of assembly and association*.

21. Everyone has the right to *take part, directly or indirectly, in the government of his country.*
22. Everyone has the right to *social security.*
23. Everyone has the right to *work and to protection against unemployment.*
24. Everyone has the right to *rest and leisure.*
25. Everyone has the right to *welfare: food, housing, medical care, clothing, and other basic social services.*
26. Everyone has the right to *education and to the free development of his or her personality.*
27. Everyone has the right to *take part in the cultural life of his community.*
28. Everyone has the right to *a social order that guarantees the rights of this charter.*
29. Everyone has *duties to his community.*
30. Nothing in this charter may be used to *suppress any of the rights.*

Each of the aforementioned rights are in line with the responsibilities we have in terms of the protection of each of the citizens and that go hand in hand with the most defenseless, hence we must also take into account the rights of children.

CHILDREN'S RIGHTS

WHAT ARE CHILDREN'S RIGHTS?

The rights of children are born as a consequence of their vulnerability in the face of a catastrophe or war. As a result of the events and terrible situations suffered by children in the Second World War, regulations were issued to protect them. Those who can guarantee that their physical, psychological and emotional faculties are not violated are their parents or the people in charge of their upbringing, since, being small, they need the support of adults. On November 20, 1959, the United Nations (UN) proclaimed the Universal Declaration of Children's Rights. These are:

1. **Right to life.** Every child has the right to live. He or she should not be physically assaulted, much less cause his or her death. They also have the right to grow up in conditions that are adequate for their development.
2. **Right to food.** Every child has the right to be provided with food and nutrients for normal growth and should not go hungry, so parents or guardians must guarantee this right,
3. **Right to education.** It is one of the most beautiful rights, because it is thanks to it that a child develops normally until adulthood, so that all children should be provided with a system of optimal teaching and learning, in order to maximize their intellectual,

psychological and social development with their peers.

4. **Right to water.** Every child has the right to drinking water for his or her survival, as well as to develop optimal physical, mental and psychological conditions.
5. **Right to health.** Every child should grow up in healthy conditions and receive medical attention when needed.
6. **Right to identity.** Children have the right to have a name and surname before society and their country; therefore, it is the duty of the parents to register them before the State, in order to make their existence official.
7. **Right to freedom of expression.** Every child should have the freedom to express his or her opinion, without fear of being repressed for it; furthermore, he or she may participate in decisions involving his or her interests.
8. **Right to protection.** Every child should grow up in a healthy environment, free from threats, drugs, weapons, and should not be a victim of discrimination, exploitation or physical or psychological abuse.
9. **Right to recreation and leisure.** Every child has the right to have fun. This provides a great psychological development that will help them develop socially to be an emotionally stable adult.
10. **Right to have a family.** Every child has the right to have a family that loves, listens, understands, and disciplines when necessary. This union will help him/her to overcome the different obstacles in life, because it makes him/her grow in a stable place.

It is very important that we are aware that the State must guarantee each of these rights to every child, because if they are respected and promoted, children will be born, grow up and develop psychologically and physically healthy in the world that awaits them. A clear example is what would happen if a child's right to education is not respected: as an adult, he or she would find it difficult to make decisions that benefit him or her and would be at a clear disadvantage in the world of work.

They would also be easy prey for people who want to take advantage of their little knowledge of the world and how to manage in society. Therefore, when examining each of these rights, we must see them with a visionary view, in the future, because it will not always be a child that little being who occupies our home; in the future it will be the woman or man who will govern our country and must be a person with a great cultural and scientific background, but above all, a dignified human being with a great heart for the less fortunate.

SOCIAL NETWORKS

All of the above is of transcendence in the face of a new language that is currently impacting us as a society: social networks.

Social networks are perhaps the most staff and important political tool, because we use them every day, almost most of the time. But by the same token, it is the most dangerous in many ways.

An example of this is how a person can be harassed through a certain social network, for example Facebook and how it can lead a person to display behavior that could be treated by a mental health professional, in order to overcome fear.

Thus, we are facing a digital era, which brings with it this new language, which is typical of a generation that was born with it, but perhaps our parents and grandparents did not have these problems, because they did not experience this current reality, hence, magazine a great impact, more and more that this topic is discussed in classes, because anyone can happen to a situation like the one that arises. To the extent that our social networks pursue healthy connectivity and exposure of legally established products and services, they will be a tool for easy access to effective and progressive information. Social networks link us and keep us informed with the content they generate on a daily basis. They are today the first choice in terms of advertising and the reason for our greatest interest at the start of our day.

How important is it for us to be connected to networks 24 hours a day or 7 days a week?

LET'S TAKE A LOOK AT THE CONTEXT OF SOCIAL NETWORKS.

Social networks are digital platforms for sharing ideas, thoughts, initiatives and actions. They are the union of people who act as communication nodes and generate connections by sharing information. Facebook, Twitter, Instagram or Tik Tok, for example, are digital platforms that facilitate the connections and information generated between people in a social network to expand, articulate and create ties of all kinds. I am sure you are well aware of the advantages of the digital world:

- Connectivity
- Communication
- Globalization

- Diversity
- Shorten distances
- Facilitates shared knowledge

But not everything is positive in this world. Just as in the real world, there are dangers that come from the exchange or relationships you may have with other users, as well as from the way you use or behave in the digital world.

Some of the dangers of the network are:

Grooming: this is one of the greatest dangers of the Internet, and mainly affects minors. It is related to sexual harassment. It occurs when an adult deceives a minor with clear sexual purposes using social networks. So, it is necessary for us to be aware that in the Republic of Panama there is a prosecutor's office that deals with sexual crimes. Prosecutors who work and strive to stop this, because clearly a person is being harmed in many ways, not only the constant harassment. The Public Prosecutor's Office has technicians or experts who are able to identify those who mask themselves behind a social network to do harm. In such a way, there are mechanisms to protect us and stop these digital aggressions, through complaints to the investigative body or specialized prosecutors for these purposes.

Cyberbullying: is a type of harassment that uses computer media to harass a person. The word is composed of the English word bullying, which refers to harassment and intimidation, and the prefix cyber, which indicates a relationship with computer networks. One of the most common ways to spread bullying, often making it public, is on social networks. It is necessary to report any behavior related to harassment, or bullying. Our private life should not be the object of ridicule, and there are ways to find anyone who does it; it is now very easy to do so. If we do not stop it, the consequences can be very serious.

Sexting: it is a word composed of two other words: sex (sex) and texting and it is a concept that presupposes sharing intimate information through text messages, photos or videos... In order to understand the magnitude of this phenomenon, you can enter anywhere on the social network and type the word "sexting" in the search engine. Keep in mind that there is no such thing as privacy on the Internet. Once you take and send a picture, it becomes public, and anyone with bad intentions can cause you harm. In the end, dear reader, there is a basic key: if you face this alone, you will be easy prey to any of these forms of abuse.

The first thing that aggressors seek and often achieve is to isolate their victims. That's why the most important thing, kids, is for you to know that you are not alone. If you become victims of any of these practices, or you know someone who suffers them, you should talk about it with your parents or an adult you trust, and together with them you will find a solution. You already know that you can report it to the prosecutor's office and stop everything before someone comes to harm you. Don't forget that when it comes to the Internet, you don't know who you are dealing with. If someone you have never seen physically (even if you think you know them from their profile) dates you anywhere, remember that going alone or even accompanied by a friend does not protect you. The worst thing you can do is to hide what you are doing, because then no one will be able to help you if you get into trouble.

WHAT TO DO IN CASE OF CYBERBULLYING?

- Notify a trusted adult.
- If necessary, notify the authorities at the National Police, telephone line 104.
- The victim should file a complaint with the Public Prosecutor's Office.
- Seek help from a qualified professional in psychology.

REFLECT ON THE SUBJECT

- Would they leave the door of their house open?
- Would you put up a billboard on an avenue with your photo on it?
- Would they print out and hand out a photo that they would not want their parents to see?
- Would they put an ad in the newspaper indicating where they are going to be for the weekend? Do they know the reach of a photo or comment on social networks? Now I am going to tell you what are the psychological and emotional problems that can arise from the attitude and beliefs they adopt in the digital world.

PSYCHOLOGICAL AND EMOTIONAL IMPACT RISKS

- Dependence or addiction to social networks and, therefore, withdrawal syndrome.
- Need for approval from other people.
- Isolation.
- Antisocial behavior, due to only interacting in a virtual environment.
- Loss of self-control.

These are all problems that can become very serious and negatively affect your life forever if you do not understand and control them in time. You need to recognize when things are getting out of control.

SIGNS THAT I NEED A BREAK FROM SOCIAL NETWORKING

1. Social media is the first thing you check when you wake up in the morning.
2. You seek validation and place an excessive value on the number of “likes” you get on social networks.
3. You feel left out, discouraged and envious of people’s lives after seeing what they post on social networks.
4. You find yourself comparing yourself to others to a point that makes you feel discouraged.
5. You miss moments with people because you are too busy trying to capture them on social media.

ALARM SYMPTOMS

- Interference in your academic, dating, work or staff life.
- Depressive symptoms as a result of virtual interactions.
- Disinterest in other subjects.
- Eating disorders, sedentary lifestyle or obesity.
- Alteration of sleeping hours.
- Anxiety and insecurity.

Unfortunately, there are many other dangers in the network that do not have to do with our physical integrity, but with our emotional integrity, dignity and even our development as individuals. Perhaps you do not see it this way, but one of them is the news that appear to be real, but do not come from entities or people recognized for their professionalism and experience in a certain field. The danger of the so-called fake news is that they not only misinform, but are also a breeding ground for lying about people’s honor and good name, creating social and political confusion, promoting practices harmful to health, spreading viruses or stealing passwords and other data to obtain money from those who fall for them, or other darker purposes. On the other hand, by forwarding them we become instruments or accomplices of those who seek to harm. Therefore, we must investigate the accuracy of each one of them, verifying in several recognized and prestigious sites. There are already some laws that punish the dissemination of violent content or apology of crime; in the United States, for example, there is a prison sentence for those who

promote or lead to the suicide of someone through social networks.

It is necessary, at this point, to share with you an experience, a great friend of mine had a sick father; Suddenly, in a whatsapp group we were told that he had died, this led me to express my condolences, what I never imagined is that she would tell me that he had not died, this was so shocking that logically I expressed my apologies for what happened, and the most painful thing is that many people had the same situation that I experienced, to such an extent that both she and her sister issued a statement saying that her father had not died.

Another example of disinformation has to do with false information on any subject. Do an experiment: search for any school homework topic; if you go through the first 6 or 7 searches, you will find that most probably the information is identical, although presented in other formats. It means that only one of those authors wrote that information, and all the others made a copy paste without verifying if the information was correct, or if it was a real specialist in the subject. The worst thing is that it is usually misinformation mixed with some truths, and if we are not attentive, we will learn something that is a lie.

Another very common practice in the population is the fact that they place filters and take advantage of angles and other techniques to look different, or pretend to be someone else, they can also pretend to be doctors, engineers, or whatever and even write books with falsehoods, pretending to be experts. And something that is also very important, and we must stop mentioning is the bad practice of basing our research on the ideas of others. Nowadays, not being creative can be a crime: if a person publishes a text as his own, something he did not write, he is criminally punished. Believe it or not, there have already been millionaire lawsuits and big scandals such as the case of a minister of state who had to resign because he copied his master's thesis, or some writers who have lost awards, recognition and prestige when it was discovered that they had copied the work of other authors. Every time you make a copy paste in a schoolwork, you are plagiarizing (stealing) someone else's work; you may not get sued for this, but you will get used to it when it comes to your professional life and then you could suffer the consequences. Don't forget that it could be false or inaccurate information. Also, you will never learn to express yourself clearly, nor will you grow professionally and staff if you do not develop creative thinking.

CONCLUSION

I must express to you that the best way to live together is to do good and to be always vigilant

of the different actions that can impact both our lives and the lives of others in this digital era. We are constantly exposed to social networks, since the written era has transcended to new forms of communication, but the most important thing is that the owner of what is published or not is you, dear reader, and it is also a power that involves a responsibility, because all interaction must be clearly ensured so that we are not exposed or can break our dignity as human beings. We hope you have enjoyed it and remember that the victims of any malpractice are the most vulnerable victims, including children, the elderly and people with limited access to information, therefore it is our responsibility to guide and protect them.

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