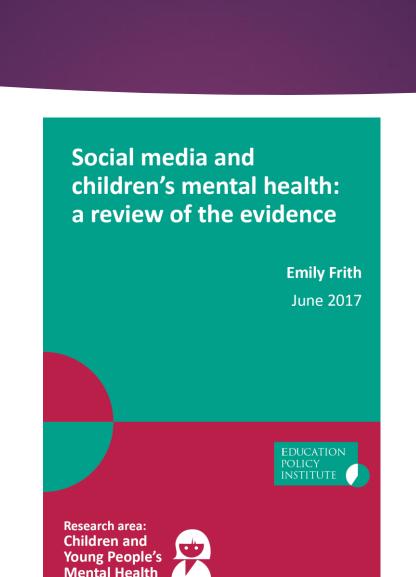
Social Media and Mental Health

Content of the session

- ▶ Key themes from the literature
- Emerging data







Literature

- ▶ 16-24 age group are the most active users of social media
- Adolescence and early adulthood is a critical and potentially vulnerable time for social and emotional development.
- Research suggests that young people who spend more than two hours per day on social networking sites are more likely to report poor mental health, including psychological distress.
- 'Compare and despair' attitude in young people.
- Numerous studies have shown that increased social media use has a significant association with poor sleep quality in young people



Body image

- ▶ Studies have shown that when young girls and women in their teens and early twenties view Facebook for only a short period of time, body image concerns are higher compared to non-users.
- Body comparisons
- Rise in younger generations opting to have cosmetic surgery to look better in photos, due to social media
- Low body-esteem, leading to body surveillance
- Males are also affected



Cyberbullying

- Seven in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying frequently.
- Victims of bullying are more likely to experience low academic performance, depression, anxiety, self-harm, feelings of loneliness and changes in sleeping and eating patterns



Fear of missing out

- FoMO has been robustly linked to higher levels of social media engagement
- Can lead to anxiety
- Can lead to sleep deprivation
- Can make people feel their life is inadequate compared to others



Other issues

- ▶ Live streaming self-harm; suicide
- Time spent online has been associated with a decline in academic achievement
- Each additional hour of viewing increases the likelihood of experiencing socio-emotional problems



Methodology

- ► Focus groups 13 to 18 year olds (50 young people)
- Survey (500 young people)



Emerging themes (positives)

- Social media as a source of support
- Social media as a form of communication
- Social media as a form of entertainment
- Social media as a way of connecting with others
- ► A way of getting compliments
- Useful for business



Emerging themes (negatives)

- ▶ It affects your body image
- ▶ It makes you feel jealous
- Cyber bullying
- Sleep deprivation
- It causes pressure
- Fake pictures



Ways forward

- Digital citizenship / digital responsibil
- Digital resilience
- Digital literacy
- Parents
- Social media companies
- Schools



Whole school approach

An ethos and environment that promotes respect and values diversity

Curriculum,
teaching and
learning to promote
resilience and support
social and emotional
learning

Targeted support and appropriate referral

Leadership and management that supports and champions efforts to promote emotional health and wellbeing Enabling student voice to influence decisions

Working with parents/carers to support their own wellbeing and that of students

Staff development

Identifying need and monitoring impact of interventions

Public Health England.
Promoting children and young people's emotional health and wellbeing: A whole school and collage approach. Public Health England. 2015.

School Mental Health Award – Leeds Beckett University

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