



The Impact of Social Media on Socialization, Self-image, Depression, and Self-harm in the Adolescent and Young Adult Development Stages

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Training Summary

Social Media, and other forms of interpersonal technology, have infinite possible benefits to individuals and humankind alike. This training does not seek to refute this

The focus of the training content is the range of negative impacts that these forms of communication can have based upon who, how, when, and why they are used



Learning Objectives

Attendees will be able to clearly articulate the impact of social media on creating isolation

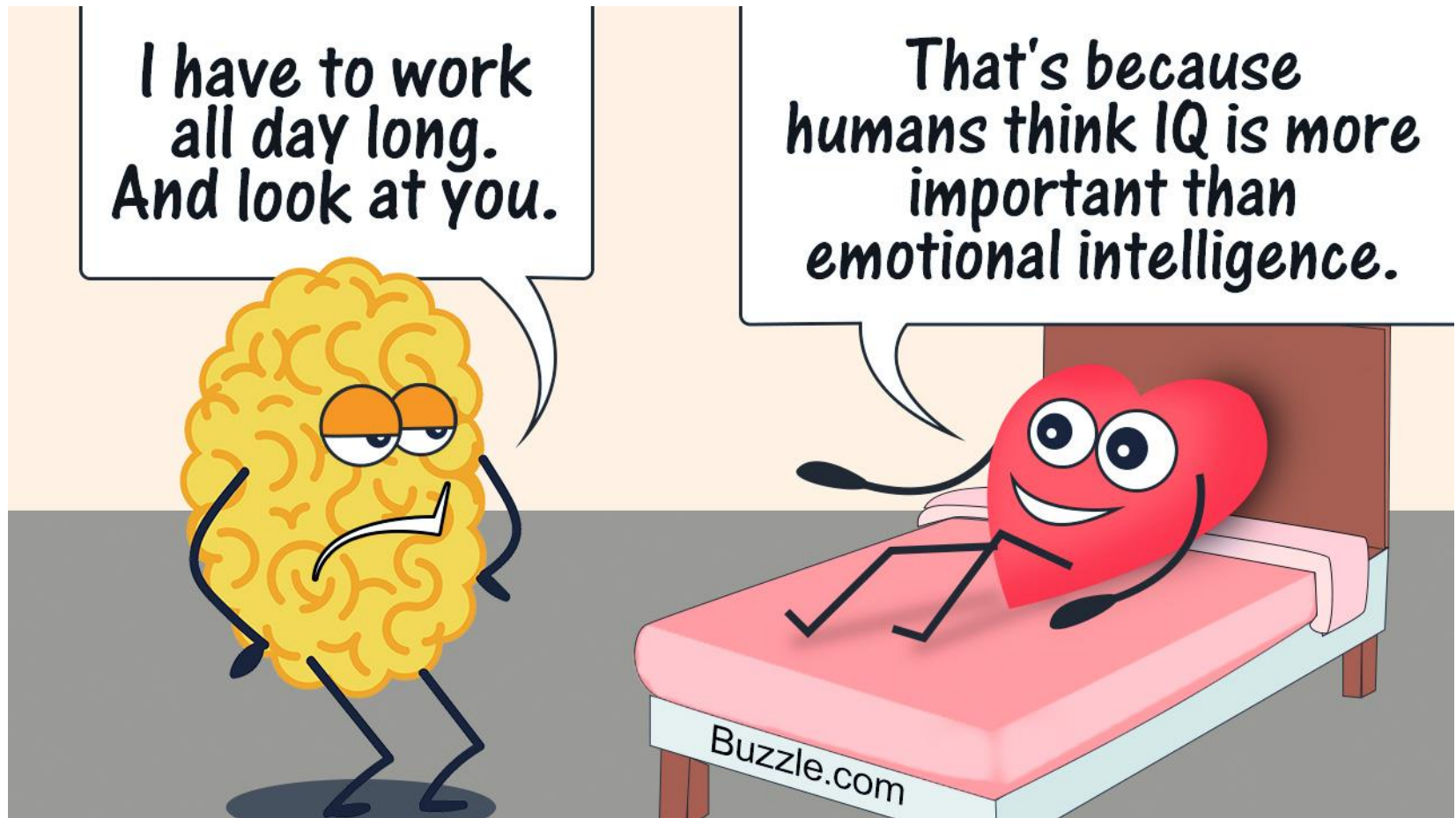
Participants will be able to verbally differentiate between physical presence and screen presence on human connection

Attendees will be capable of accurately reiterating the impact of compulsive behaviors developed based upon social media

Attendee will be able to state the implications of self-reported increase of depression commensurate to social media usage



What Can Affect the Impact of Social Media on Individuals

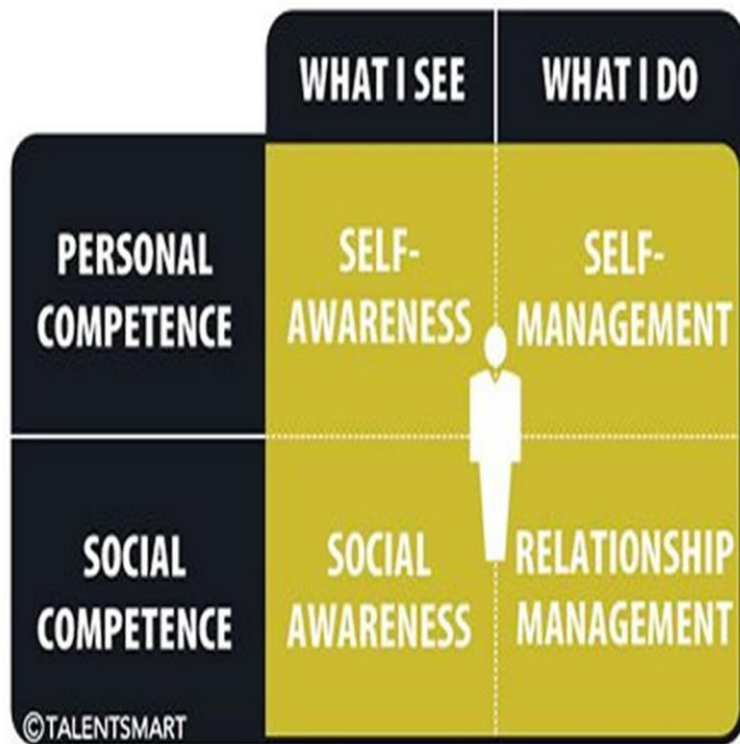


What Is Emotional Intelligence?

Emotional intelligence (EI) is the ability to understand and manage your own emotions, and those of the people around you.



People with a high degree of emotional intelligence know what they're feeling, what their emotions mean, and how these emotions can affect other people.



The five domains of Emotional Intelligence

- Intrapersonal** {
 - Self-Awareness
 - Self-Management
 - Self-Motivation
- Interpersonal** {
 - Empathy
 - Managing Relationships

Studies have shown that people with high EI have greater mental health, exemplary job performance, and more potent leadership skills

Low Emotional Intelligence

Aggressive
Demanding
Egotistical
Bossy
Confrontational



Easily Distracted
Glib
Selfish
Poor Listener
Impulsive



Resistant to Change
Passive
Un-Responsive
Slow
Stubborn



Critical
Picky
Fussy
Hard to Please
Perfectionistic



High Emotional Intelligence

Assertive
Ambitious
Driving
Strong-Willed
Decisive

Warm
Enthusiastic
Sociable
Charming
Persuasive

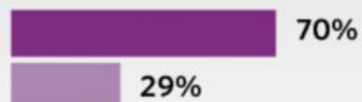
Patient
Stable
Predictable
Consistent
Good Listener

Detailed
Careful
Meticulous
Systematic
Neat

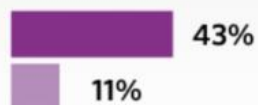
Teens with low social-emotional well-being experience more of the negative effects of social media than kids with high social-emotional well-being.

Percent of social media users who say they:

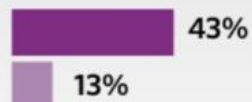
Sometimes feel left out or excluded when using social media



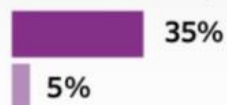
Feel bad about themselves if no one comments on or likes their posts



Have deleted social media posts because they got too few "likes"



Have ever been cyberbullied



■ LOW SOCIAL-EMOTIONAL WELL-BEING
■ HIGH SOCIAL-EMOTIONAL WELL-BEING

See Methodology section for definitions of the high, medium, and low SEWB groups.

Looking closer at teens with low social-emotional well-being

Percent who say using social media makes them feel:



Lonely

■ MORE ■ LESS



Depressed



Better/Worse about themselves





Adolescent Social Media Usage and Mental Health

Literature shows both positive and negative outcomes between social media usage and youth mental health

Positive Associations Include:

1. Sense of community and belonging
2. Life satisfaction
3. Social support

Negative Associations Include:

1. Depression and anxiety symptoms
2. Eating disorder symptoms
3. Suicidal ideation and self-harm

Reasons for Contrasting Results

Contrasting Usage Patterns

- Problematic Use
- Active use (i.e. posting, commenting) vs. passive use (i.e. watching, scrolling)

Theories Behind Impact

- Supporting harm: displacement hypothesis
- Supporting benefits: stimulation hypothesis and self-determination theory
- Supporting both: social comparison theory

Methodological Issues

- Subjective measures of social media usage (i.e. self-report)
- Heterogeneity of social media scale usage

PROS & CONS *a.f* SOCIAL MEDIA

On Your Teenagers



Teenagers are more informed today more than ever before.



Social media may be a platform for Cyberbullying.

Research has never been easier than it is right now.

Isolation in disabled teens.

A boost in self-esteem.

Increase in procrastination.

Disabilities become almost invisible.

Social skills are destroyed.

Keeping up with the trends in technology.

Too much information.



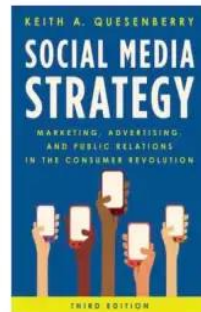


Social Media Definitions

SOCIAL MEDIA OPTIONS BY CATEGORY

Selecting channels for a social media plan can be overwhelming. To simplify, this chart lists top platforms by eight categories. Yet multichannel social media strategies should go beyond **monthly active users**. Also look at engagement with **daily usage** and **time spent per session**. Break down use by **target audience demographics** such as age and **psychographics** such as interests. Consider **business industry**, B2C/B2B, and **local/national**. Determine **marketing objectives** like awareness, sales, etc.

[Learn More Here](#)



Social Networks/Messaging	Blogs and Forums	Microblogs	Media Sharing/Live Video	Geosocial	Ratings and Reviews	Social Bookmarking	Social Knowledge/Podcasts
Sites/apps that connect people sharing personal or professional interests through profiles, groups, posts/updates.	Blogs publish posts, multimedia and hyperlinks with commenting. Forums are online discussion sites.	A form of traditional blogging where the posts have been limited in size, length or type of content.	This category is for social media channels developed mainly to share image, video, or audio media content.	User-submitted (GPS) location connects local people, business and events through social media.	Reviews give an opinion. Ratings measure how good something is on a scale. Both are obtained by crowdsourcing.	These are services that allow users to save, comment, and share web website links for content discovery, curation and sharing.	Social knowledge sites allow users to ask questions and get information from real people. Podcasts are subscription episodes of audio/video content.
Facebook	WordPress	Twitter	YouTube	Foursquare	Yelp	Reddit	Wikipedia
LinkedIn	Tumblr	Pinterest	Instagram	Google My Business	TripAdvisor	Digg	Quora
WhatsApp	Blogger	Tik Tok	Snapchat	Facebook Places/Instagram Locations	Amazon	Buzzfeed	Podcasts
Messenger	Forums	Clubhouse	Twitch	Snapchat Geofilters	Angi HomeAdvisor		

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postcontrolmarketing.com/social-media-strategy-book

Social media use

What?

Platform

Instagram,
Facebook,
TikTok,
Snapchat,
YouTube

Function

Social networking,
image and video
sharing, messaging,
streaming

Content

Education,
funny, gaming,
arts, identity

How?

Mindless
scrolling

Purposeful
viewing

Reacting

Sharing

Commenting

Posting

Consumption

Contribution

Who?

Self

Close friend
or partner

Family

Friends,
peers

Acquaintances

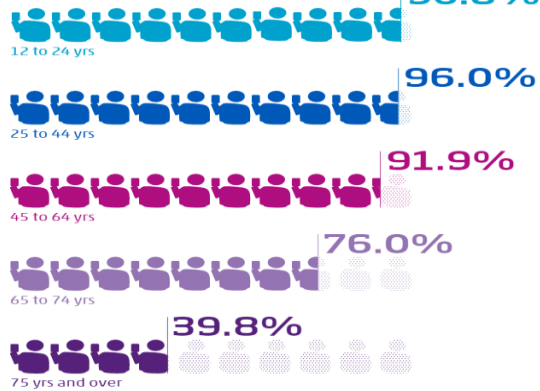
Strangers,
influencers

Why?

Why do teens use social media?

Connections, expression, support, entertainment, learning,
inspiration, etc

Who use social media the most?



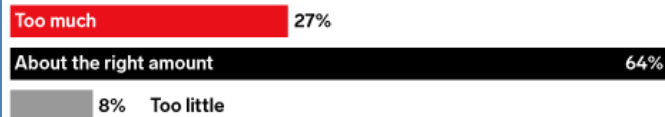
Views of US Teens on Their Phone and Social Media Screentime, Oct 2023

% of respondents in each group

Their smartphone



Social media



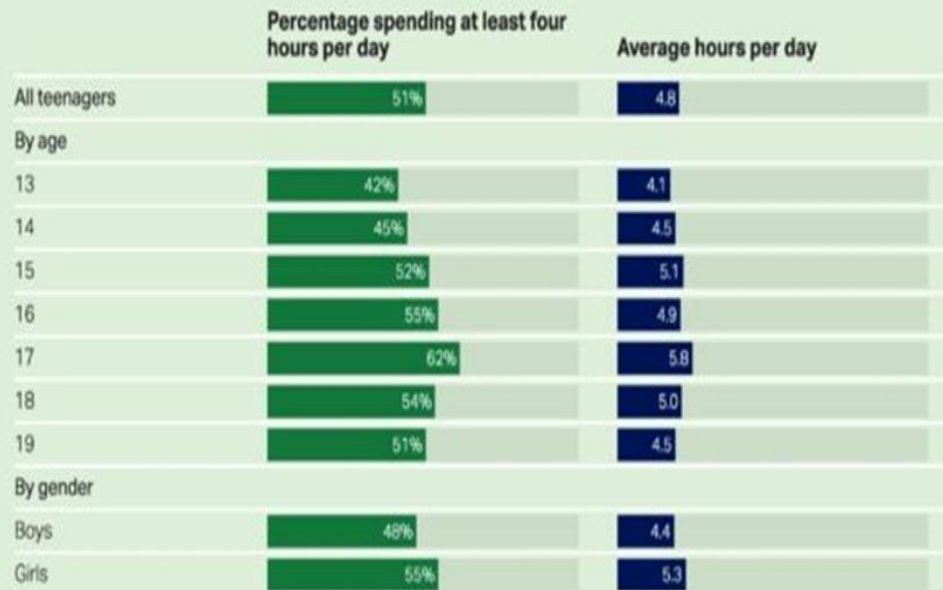
Note: ages 13-17; those who did not give an answer are not shown

Source: Pew Research Center, "How Teens and Parents Approach Screen Time," Mar 12, 2024

285333

EMARKETER

U.S. Average Adolescent Screen Time, by Subgroup



June 26-July 17, 2023

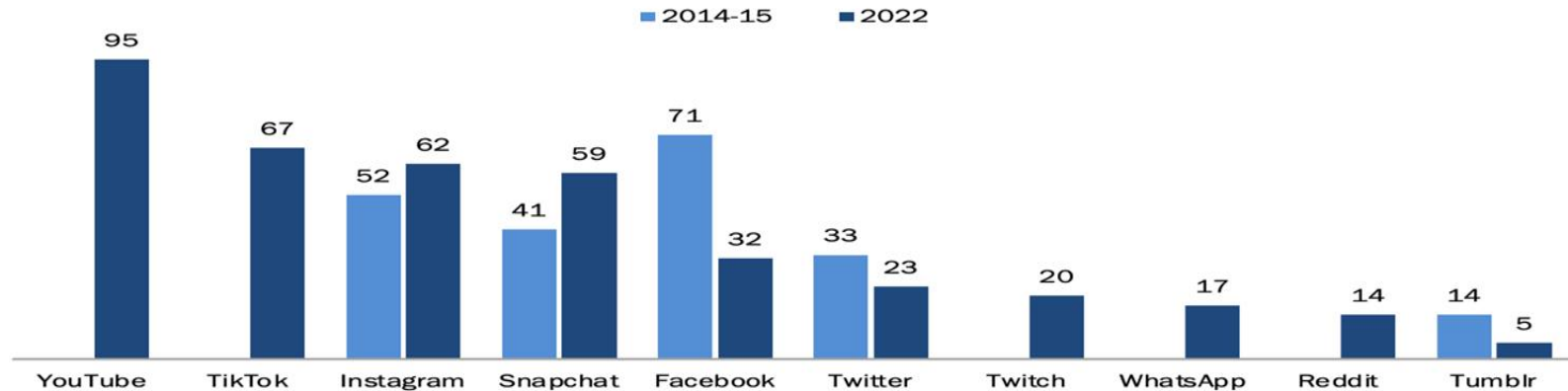
Based on responses from 1,567 U.S. adolescents

GALLUP FAMILIAL AND ADOLESCENT HEALTH SURVEY • Get the data • Download image

GALLUP

Majority of teens use YouTube, TikTok, Instagram, Snapchat; share of teens who use Facebook dropped sharply from 2014-15 to now

% of U.S. teens who say they ever use each of the following apps or sites



Note: Teens refer to those ages 13 to 17. Those who did not give an answer or gave other responses are not shown. The 2014-15 survey did not ask about YouTube, WhatsApp, Twitch and Reddit. TikTok debuted globally in 2018.

Source: Survey conducted April 14-May 4, 2022.

"Teens, Social Media and Technology 2022"

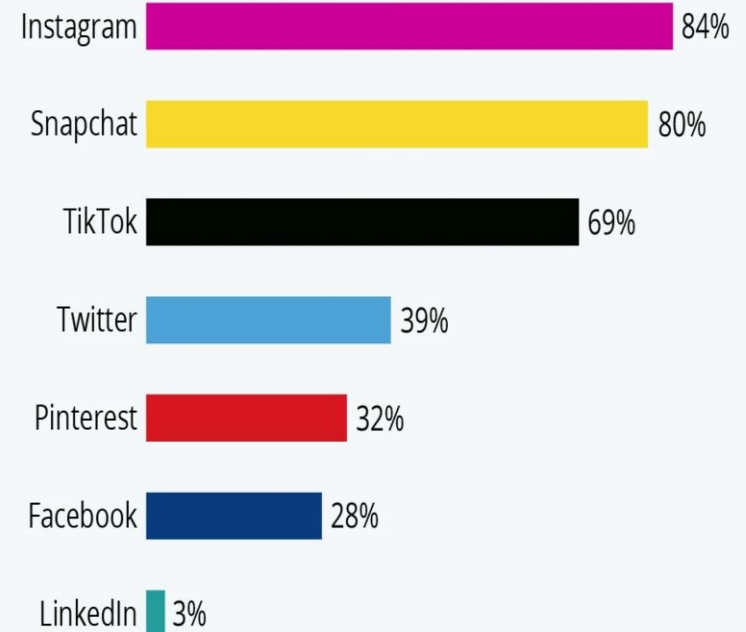
PEW RESEARCH CENTER





7 in 10 American Teens Use TikTok

% of U.S. teens who use the following social media platforms at least once a month



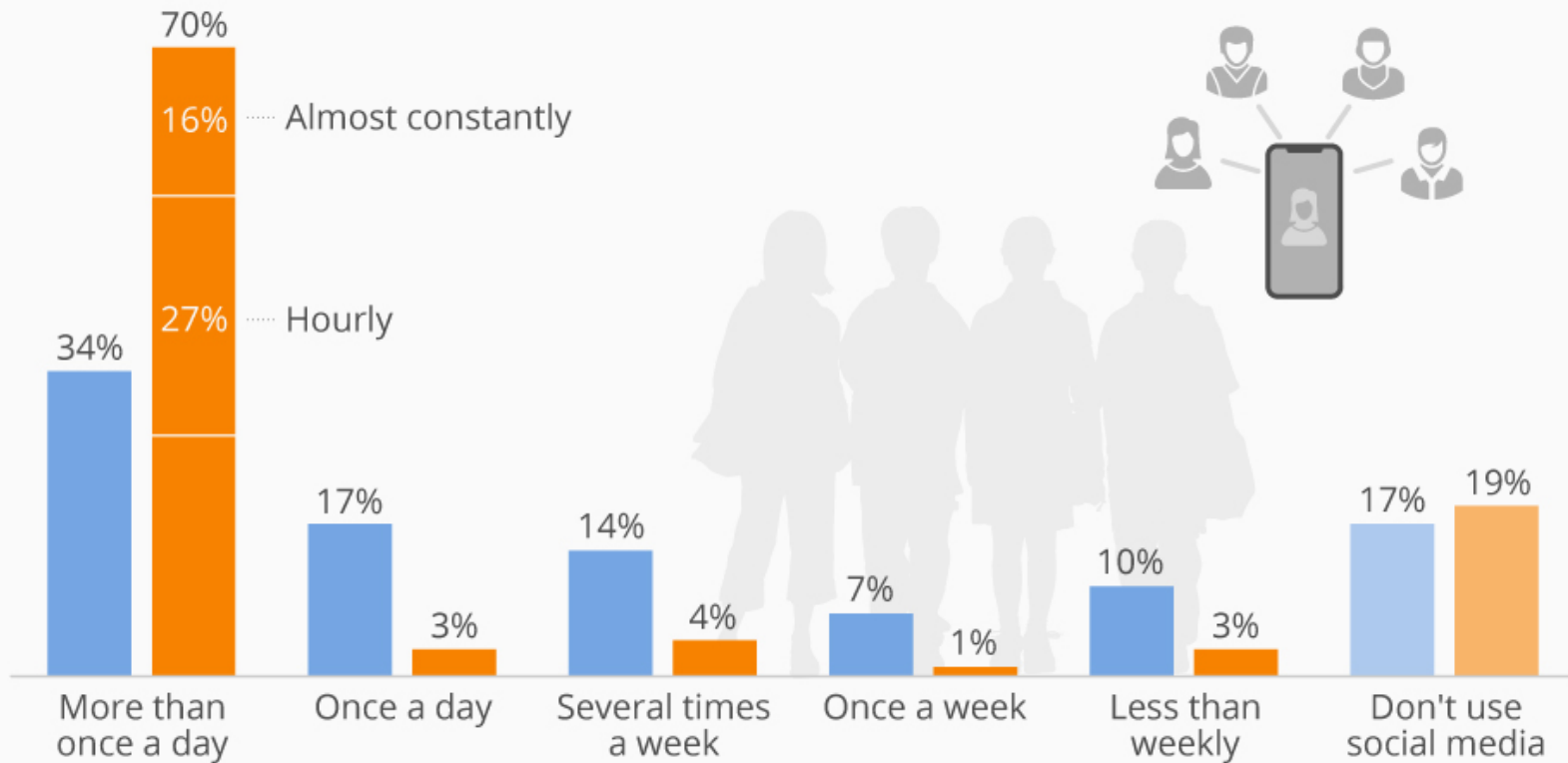
Based on a survey of 9,800 U.S. teens with an average age of 15.8 years conducted in Q3 2020

Source: Piper Sandler

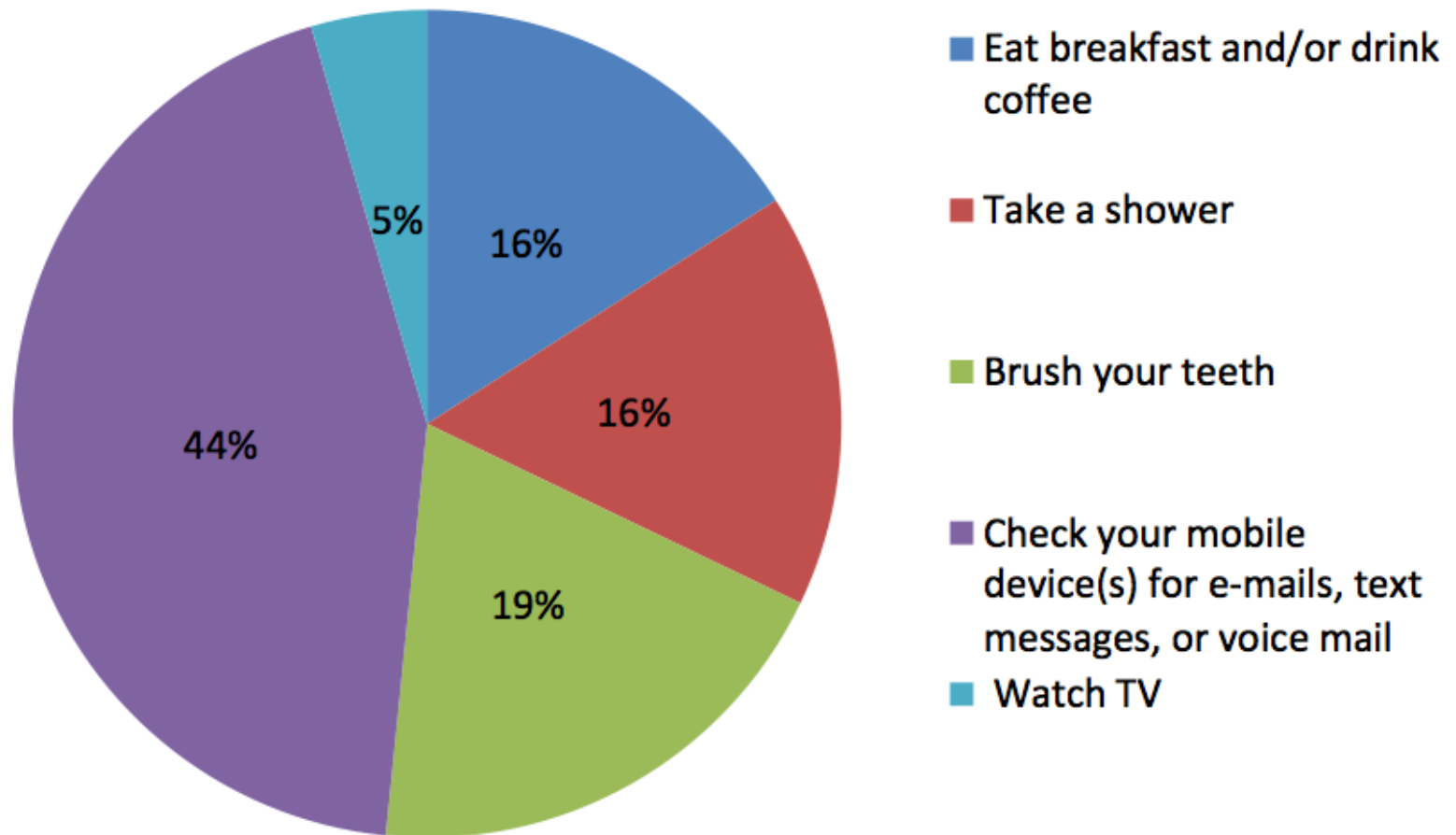


Percentage of 13- to 17-year-olds in the U.S. who check social media...

2012 2018



When you wake up in the morning, which of the following are you most likely to do FIRST?



WHAT ARE SIGNS OF SOCIAL NETWORK ISSUES???

Do you sign into any of the social media when you first get up and before you turn in?

Do you spend more than an hour each day on Social media?

Do you judge others by their Facebook profile/pages, Instagram Images, Pinterest Pins, Twitter Profile?

Do you post even once each day a status update?

Do you feel anxiety when someone doesn't respond to your post, message, chat, comment, or other interaction?

Do you feel the need to add more and more friends/follows/etc?

Do you feel anxious if you have not logged in and read feeds from your friends/follows?

Are you concerned if you don't log into Pinterest you might miss the best Fashion, Recipe, Quote, DIY, Home/Garden, or Photography Pins?

Do you change/update your profile or pictures more than necessary?

Do you compare your REAL life with the "cyber-life" of others?

Do you check or update your Social Media (Facebook/Instagram/Twitter, et al) while you are out with friends/family?

When asked how many friends you have do you automatically list the number on Facebook?

Do you daily refer to something in conversation that you saw on Facebook/Twitter/Pinterest?

I think the only way a person will truly KNOW if he/she has an addiction to social media is to take a hiatus from it



Social Media Can Be A “Compulsion”

Social media is (addictive)?

Studies show that 63% of Americans log on to Facebook daily, and 40% log on multiple times each day.

People use the site for myriad reasons; however, it usually serves, on some level, the same basic purposes: distraction and boredom relief.

“Likes” and comments are positive reinforcement for posting information, making it difficult for a person to stop.

Researchers have found this so common that they created a scale to measure this addiction: The Berge Facebook Addiction Scale

The presenter would replace the word “addictive” with “can be a compulsive behavior”

Whenever you're
ready to look up
from your phone,
I'm here for you.

ee cards



Social Media Can Make Us Compare Our Lives With Others

Posts on social media many times present an idealized version of what's happening, what something looks like, or how things are going.

This can lead users to constantly compare themselves to others and think less of their own lives.

If things are going particularly well for people in your newsfeed and you're having a rough day, of course this will likely negatively affect your mood.

In fact, in 2012 a team of researchers in the UK surveyed users, 53% of whom said social media had changed their behavior; 51% said it was negative behavior because of decline in confidence they felt due to unfair comparisons to others.



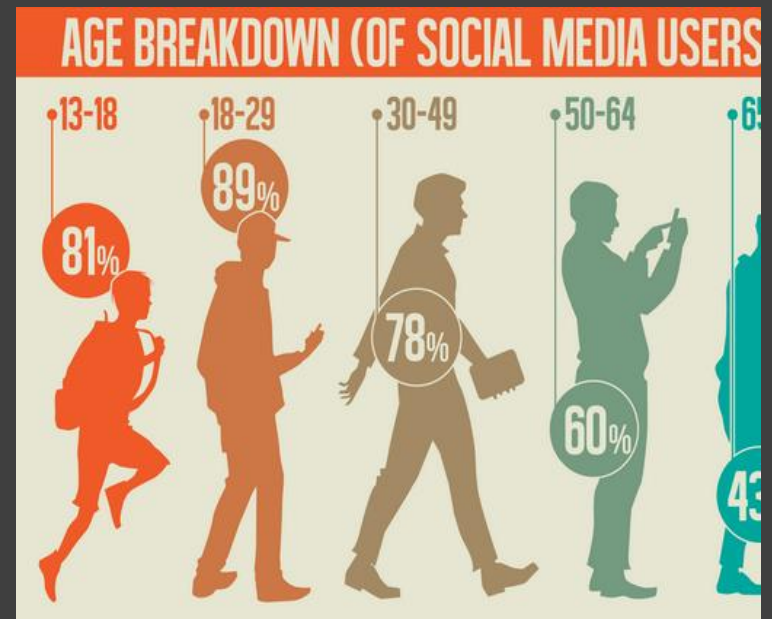
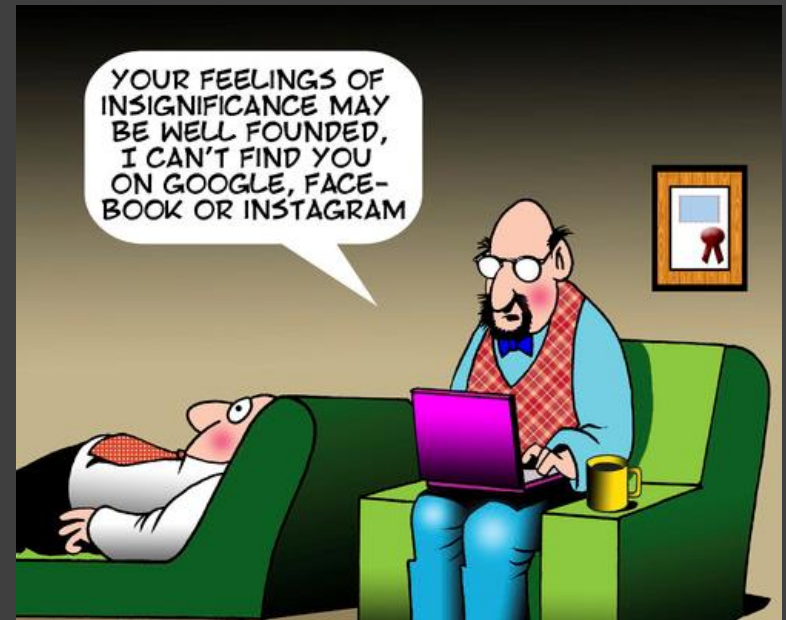
Research has suggested a link between spending extended time on social media and experiencing negative mental health outcomes. New evidence suggests that whether it's distracted attention from using multiple social media outlets or the emotional consequences of a negative online experience, it's the quality—not so much the quantity—of social media engagement that may affect mood and well-being.

These findings come from a national survey of 1,787 young adults that asked about their use of 11 popular social media platforms: Facebook, YouTube, Twitter, Google Plus, Instagram, Snapchat, Reddit, Tumblr, Pinterest, Vine, and LinkedIn.

The analysis showed that people who reported using the most platforms (seven to 11) had more than three times the risk of depression and anxiety (odds ratio of 3.08 and 3.27, respectively) than people who used the least amount (zero to 2 platforms).

These increased odds held true even after adjusting for the total time spent on social media and other factors such as race, gender, relationship status, education, and income

<https://www.slideshare.net/LauraToth8/social-media-and-mental-health-5>





**Social
media can
make us
restless**

**Out of the
same
sample as
the above
example,
two-thirds
admitted to
having
difficultly
relaxing
when unable
to use their
social media
accounts**



Some days I'm so socially
anxious that I'll delete pictures
and posts on social media in
fear I'm being judged.



I think social media is really
messing with our generation.
Yeah this is social but it's
anonymous so it's dif.
Instagram, snap, fb, they're
like a big popularity contest
and make me so anxious

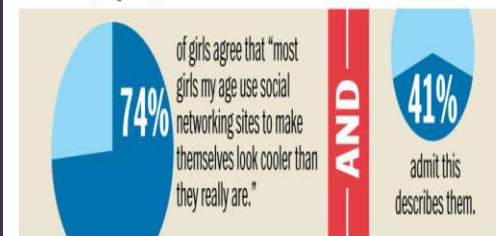


Social media definitely has a negative impact on my already low self esteem. I find myself constantly comparing myself to every single selfie that someone posts on Instagram or twitter.

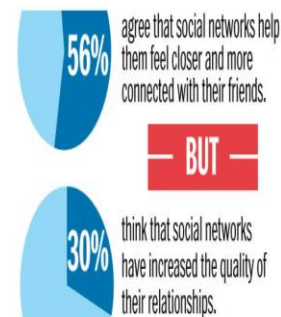
Social Media Can Lower Our Self-esteem



Growing up digital



Girls with low self-esteem are 33% more likely to admit that their social networking image doesn't match their in-person image (compared with 18% of girls with high self-esteem).



SOURCE: girlscouts.org 2010 survey

DESERET NEWS GRAPHIC



Social Media Can Glamorize Drug and Alcohol Use

A study that explored the relationship between teenagers, social media, and drug use found that 70% of teenagers ages 12 to 17 use social media, and that those who interact with it on a daily basis are five times more likely to use tobacco, three times more likely to use alcohol, and twice as likely to use marijuana.

In addition, 40% admitted they had been exposed to pictures of people under the influence via social media, suggesting correlation between the two factors.

Although a correlation is all it is, it makes sense that social media would amp up the amount of peer pressure to which teenagers are exposed



Social Media Can Lead to Fear of Missing Out, aka FOMO

Fear of missing out is a phenomenon that occurs when you feel pressure to be doing what everyone else is doing, attend every event, and share every life experience.

It can evoke anxiety and cause social media users to question why everyone is “having fun without them.”

Surveys have even found that people feel insecure after using Pinterest because they feel that they aren't crafty or creative enough.

Facebook and Twitter can make people feel like they aren't successful or smart enough



764692717



**When a teenager exhibits
unjustified concern about
being the focus of
attention of others is
called**

- 1. Egotistical thinking**
- 2. Egocentrism**
- 3. Self-consciousness**
- 4. An imaginary audience**



Social Media and Multitasking go hand in hand. Fortunately, I have just enough hands for all the relevant social media channels out there, I think...

Social Media Often Leads to Multitasking

How many tabs do you have open right now? How are you even concentrating on one thing?

The thing is, you're probably not – especially if one of those tabs is a social media site.

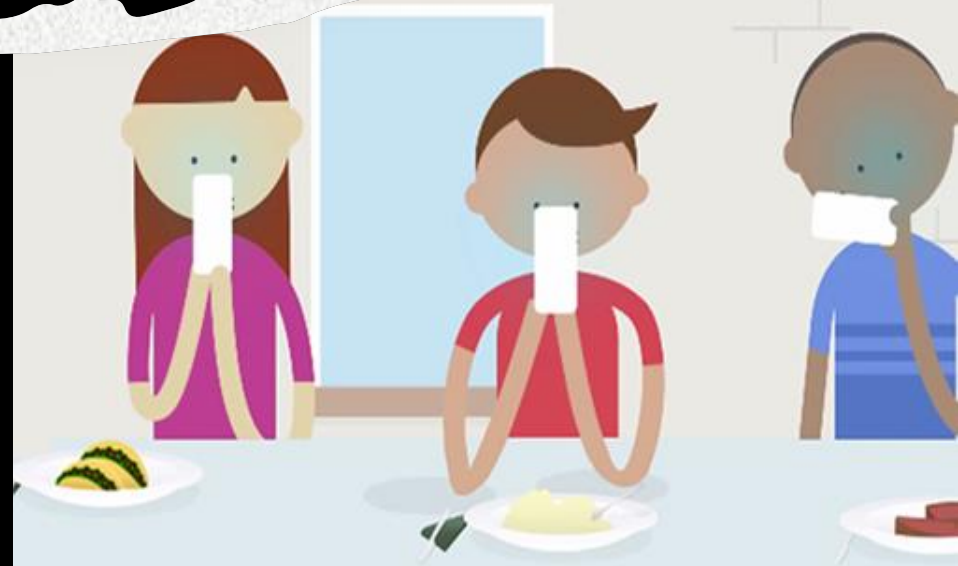
Research has shown that our brains don't have the capacity to fully focus our attention on two things at once, and instead multitasking causes our brain to quickly switch from one task to another.

This hinders information processing and productivity.

Closing out your Twitter feed can seriously help you get some work done



**Social media can actually
separate us from one another,
reduce our person-to-person
socialization, and reduce
meaningful contact between
people**

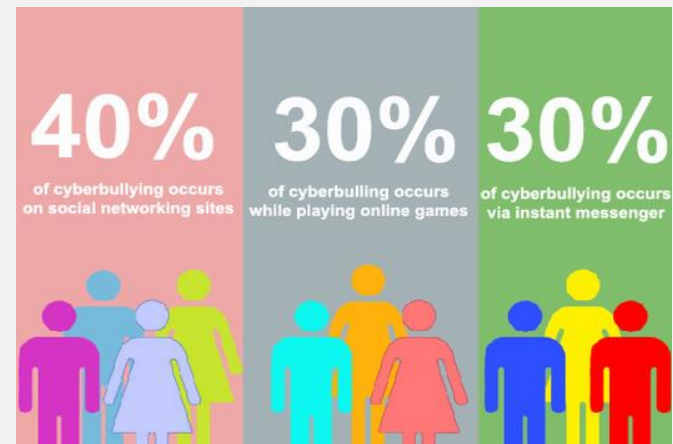
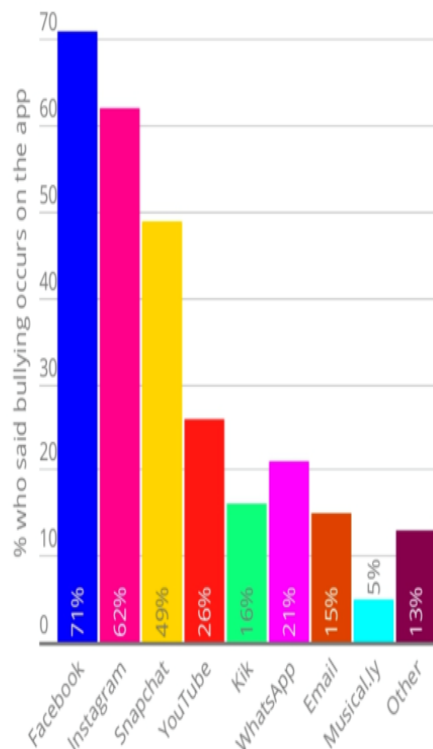


★ — DOES — ★ SOCIAL MEDIA CREATE ISOLATION?



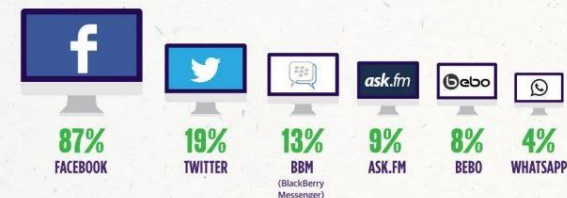
of U.S. adults have at least one social media account, and the average American internet user has seven. It would appear Americans are more socially connected than ever, yet 1 in 5 report often or always feeling lonely. This paradox has led many to ask, "Does social media cause or influence social isolation?" The answer is not a simple "yes" or "no."

Variety of apps used for cyberbullying



TROLLING HOTSPOTS

The Knowthenet survey reveals the most popular sites and services for online trolling or bullying.



Social Media Gives Rise to Cyberbullying

Cyberbullying is an enormous concern, especially for adolescents. An organization that aims for internet safety, called Enough is Enough, conducted a survey that found 95% of teenagers who use social media have witnessed cyberbullying, and 33% have been victims themselves.

Adolescent digital technology and media use: A latent class analysis

Megan Moreno, MD, MEd, MPH; Kole Binger, BS; Qianqian Zhao, MS; Jens Eickhoff, PhD; Matt Minich, MS; Yalda T Uhls, PhD

Class 1: "Family-Engaged Adolescents"



Technology devices were owned by their families



Have rules at home about technology use, focused on content, and they communicate about them frequently



Reported higher levels of well-being, sleep, and physical activity



Reported high levels of positive, ongoing communication and relationships with parents



Parents' own social media use was low

Class 2: "At risk adolescents"



Technology devices were owned by the teen



There were either no rules at home about technology use or strict rules about screen time



Reported higher levels of risk such as depression, loneliness, and poor body image



Reported low levels of communication with their parents about rules or otherwise



Parents' own social media use was high

Key Takeaways

- Most adolescents using technology are doing fine
- Consider family owned devices when possible
- Parents can play a positive role in promoting healthy technology use and well-being behaviors
- Center household rules on content and communication (not screen time), consistent with AAP recommendations
- Parents should be aware of their own technology use, particularly at home



WHO IS ON TIKTOK?

MILLENNIALS

AGE:

24 - 38

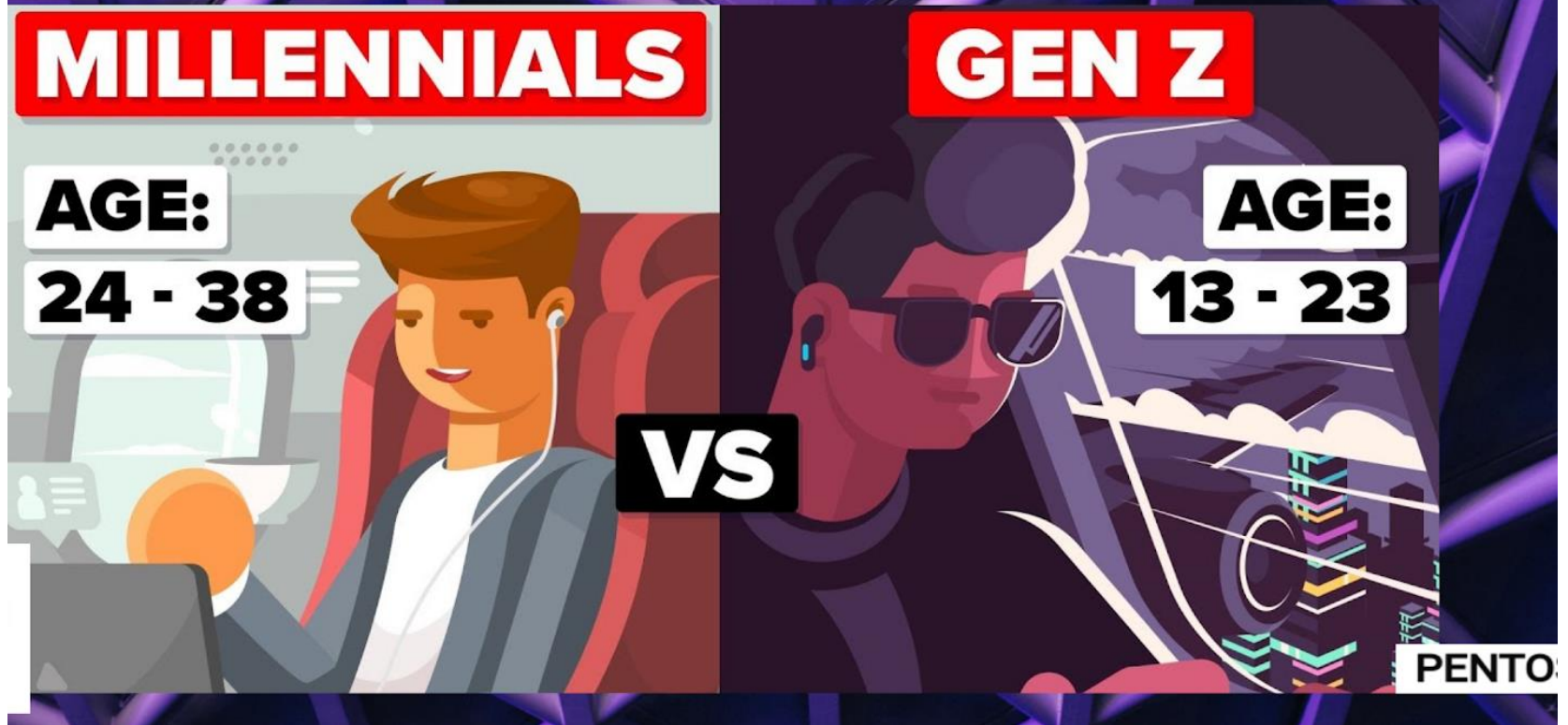
VS

GEN Z

AGE:

13 - 23

PENTON

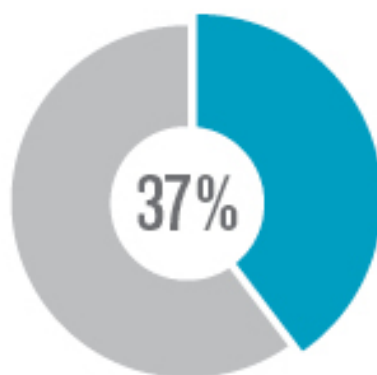


SOCIAL MEDIA WORRIES

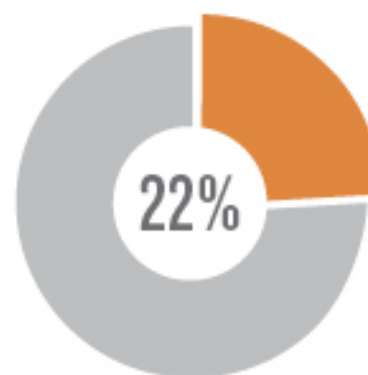
I worry about negative effects of social media on my physical and mental health
(% that strongly/somewhat agree)



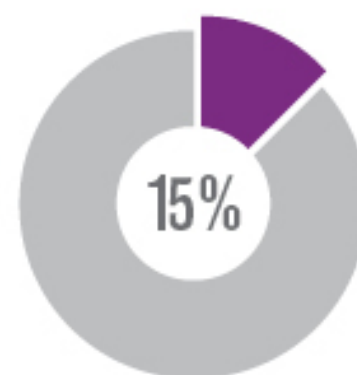
MILLENNIALS



GEN XERS



BOOMERS



MATURES

© 2017 American Psychological Association

Social Media Content and Behavior



Content Sharing

Users predominantly share *images (70%), updates (47%), videos (46%), and opinions (42%).*



Cyberbullying

Among adolescents, *54% of girls, 44% of boys (aged 15-17)* encounter cyberbullying.



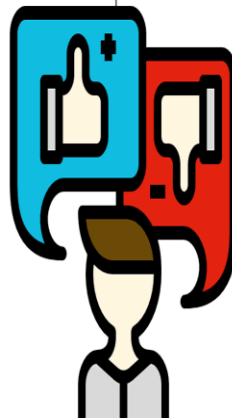
Trolling

38% of U.S. adults reported daily trolling experiences in 2017.



Self-Censorship

27% of Americans refrain from posting content due to online incivility, and *13%* quit social networks.



Unfriending/Unfollowing

58% of teenage social media users unfriend/unfollow friends, and *45%* block ex-friends, with gender differences favoring girls.

EMOTIONAL DRAIN

45%

of people feel worried or uncomfortable when not able to access their social networks.

66%

of people have difficulty sleeping after using social media

60%

of people feel the need to switch off their phones to have a break

25%

of people have relationship difficulties because of confrontational online behaviour

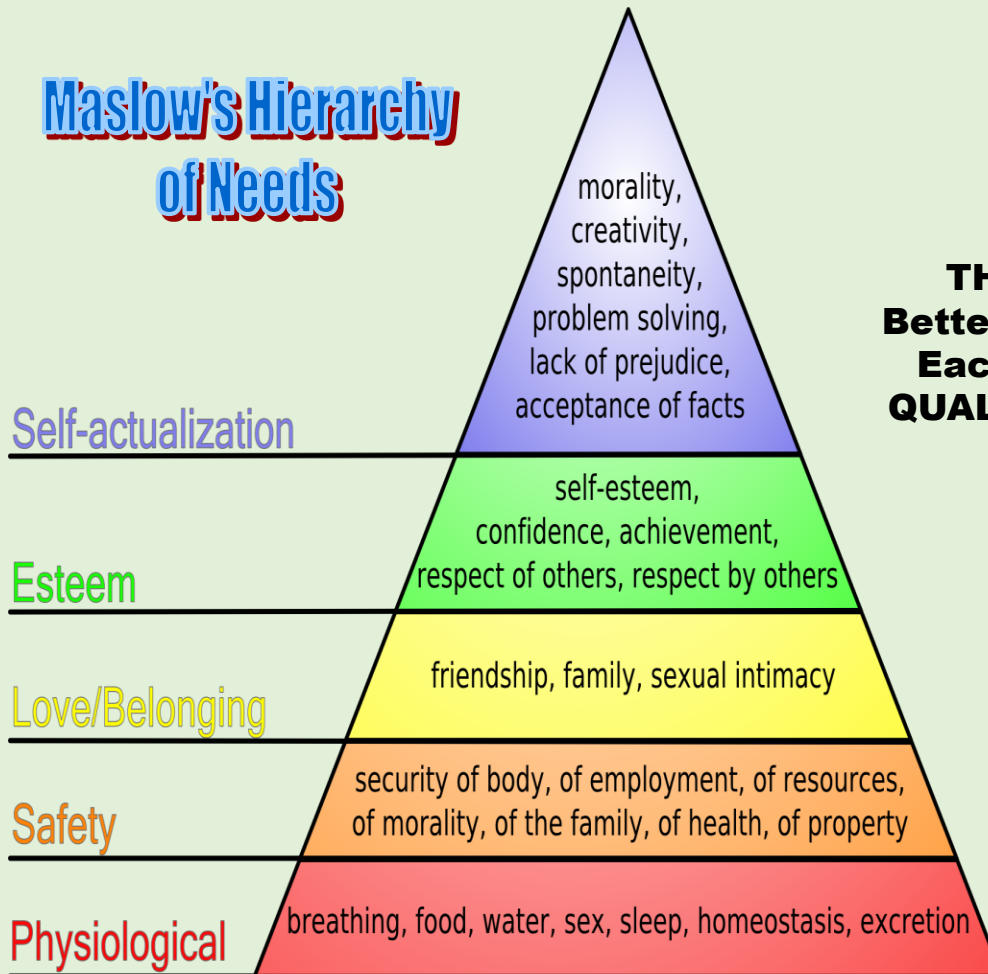




Intrapsychic Trauma

This occurs when discrimination, oppression, or bullying results in the individual incorporating those factors into their own self image or internal view of themselves

Maslow's Hierarchy of Needs



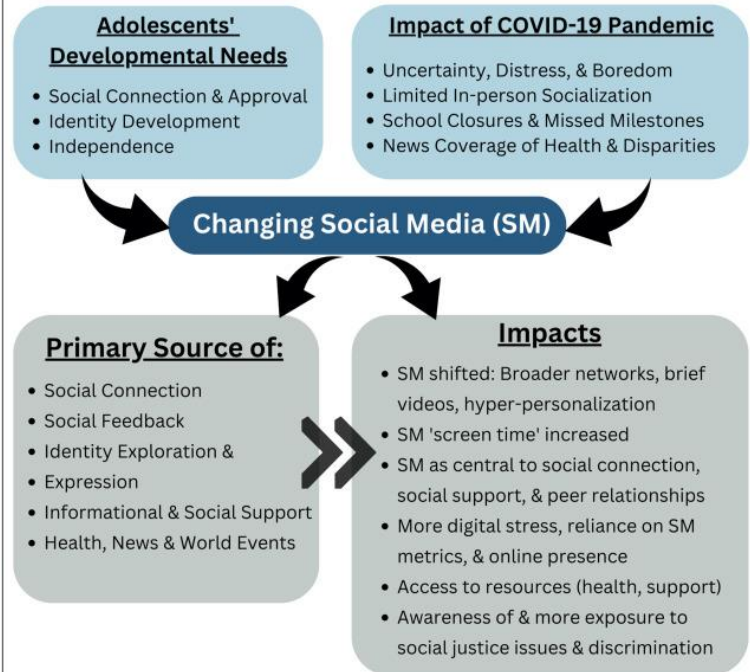
THRIVING
Better Decisions
Each Day For
QUALITY of Life

SURVIVING
Will Awake Each
Day – Focus Is
Quantity of Life



Partnership for a Drug-Free New Jersey's public service campaign images

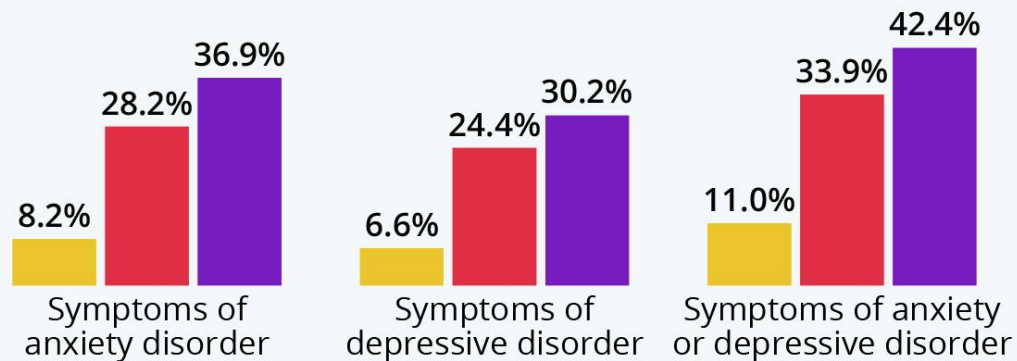
The Influence of the COVID-19 pandemic on Adolescent Social Media Use



Pandemic Causes Spike in Anxiety & Depression

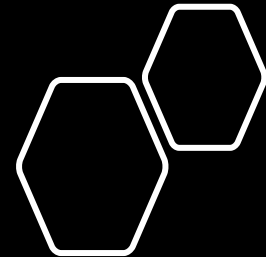
% of U.S. adults showing symptoms of anxiety and/or depressive disorder*

■ January-June 2019 ■ May 14-19, 2020 ■ December 9-21, 2020



* Based on self-reported frequency of anxiety and depression symptoms. They are derived from responses to the first two questions of the eight-item Patient Health Questionnaire (PHQ-2) and the seven-item Generalized Anxiety Disorder (GAD-2) scale.

Sources: CDC, NCHS, U.S. Census Bureau



SOCIAL MEDIA AND MENTAL FRAGILITY

While there's very little evidence that social media is harmful in and of itself, the most serious danger comes in the intersection between social media platforms and people suffering from a mental illness. It's really a numbers game.

43.7 MILLION

Adults

17.2 MILLION

Children



SUFFER FROM A MENTAL DISORDER



1.3 BILLION
FACEBOOK
USERS



300 MILLION
INSTAGRAM
USERS



284 MILLION
TWITTER
USERS



284 MILLION
TUMBLER
USERS

With that many vulnerable people online, the anonymous nature of social media and issues of cyberbullying and online harassment can have tragic consequences.

MENTAL HEALTH-> SOCIAL MEDIA



	What Is Comparison Culture? The tendency to compare ones self against another and often come out feeling inferior.
	How mental health can affect relationships: Mental health problems can cripple your ability to communicate, express their emotions, and resolve conflict.
	Insecurity Complex The constant feelings of inadequacy or insecurity in your daily life due to a belief that you are physically or mentally inferior to others
	Body Image The combination of thoughts and feelings that you have about your body.

SOCIAL MEDIA AND MENTAL HEALTH

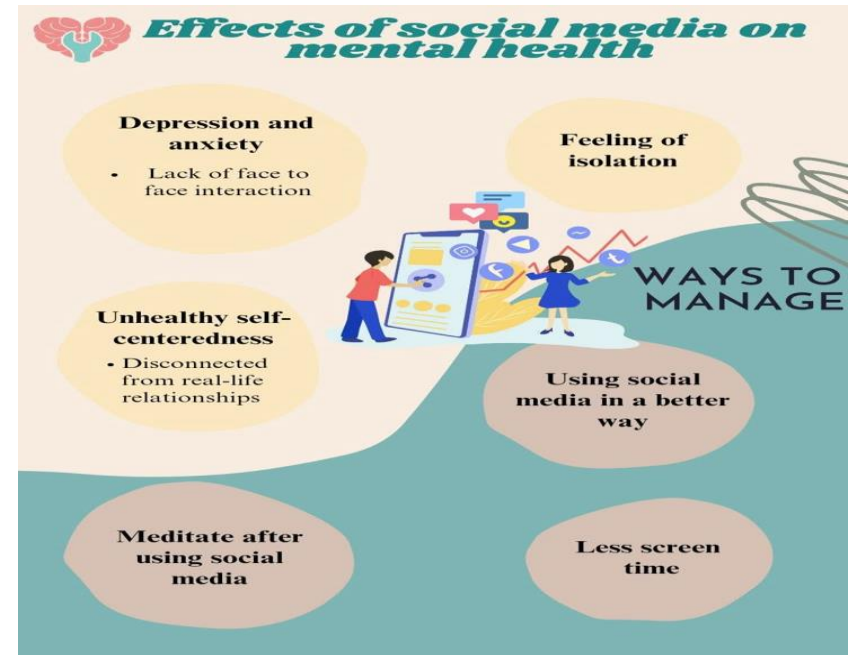
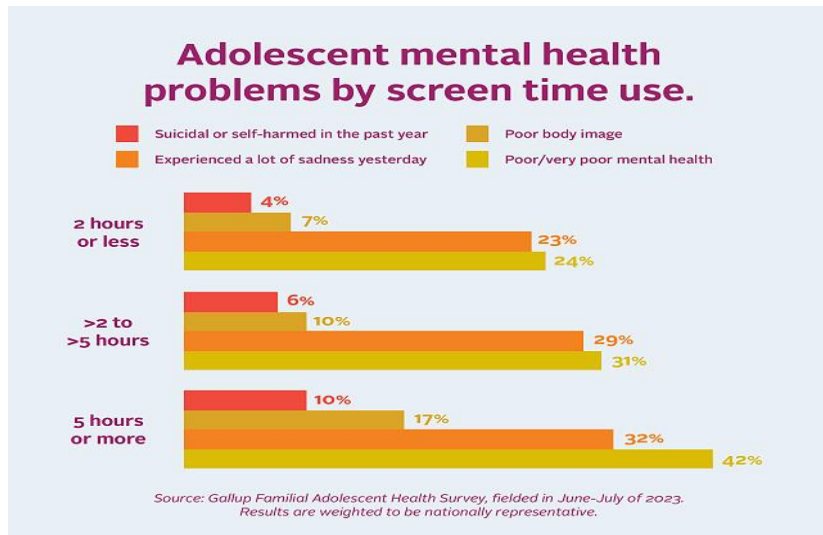


Signs it's affecting your mental health

- Distracted during work/school
- Comparing yourself to others
- Doing things just for likes

How to modify your use

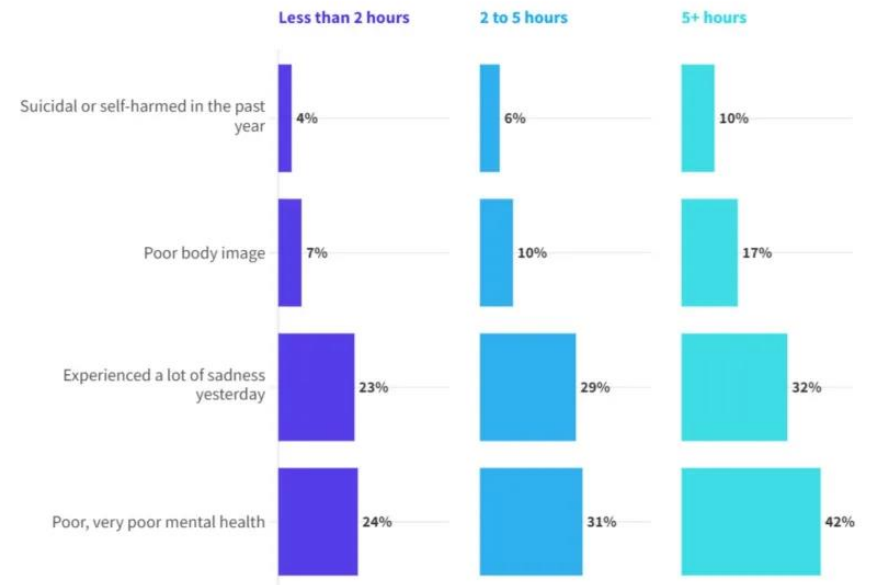
- Remove addictive apps
- Prioritise other activities
- Turn off notifications



Signs Social Media Is Affecting Your Mental Health



Adolescent mental health problems by social media time use



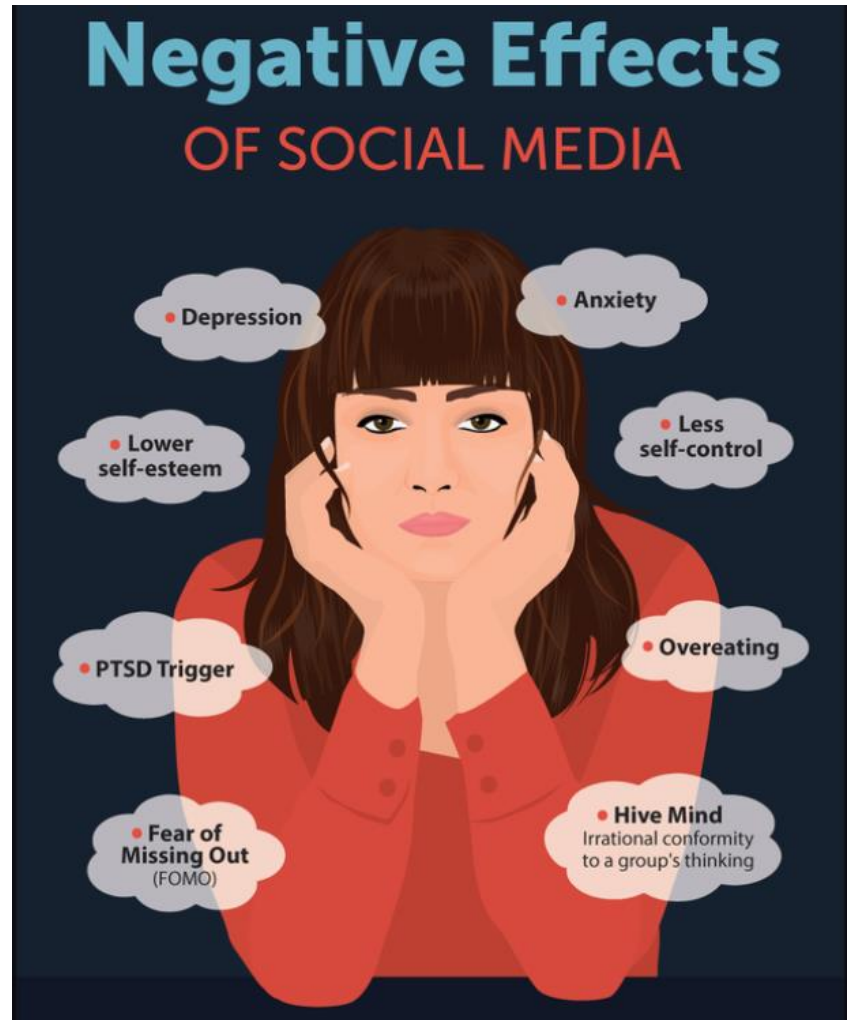
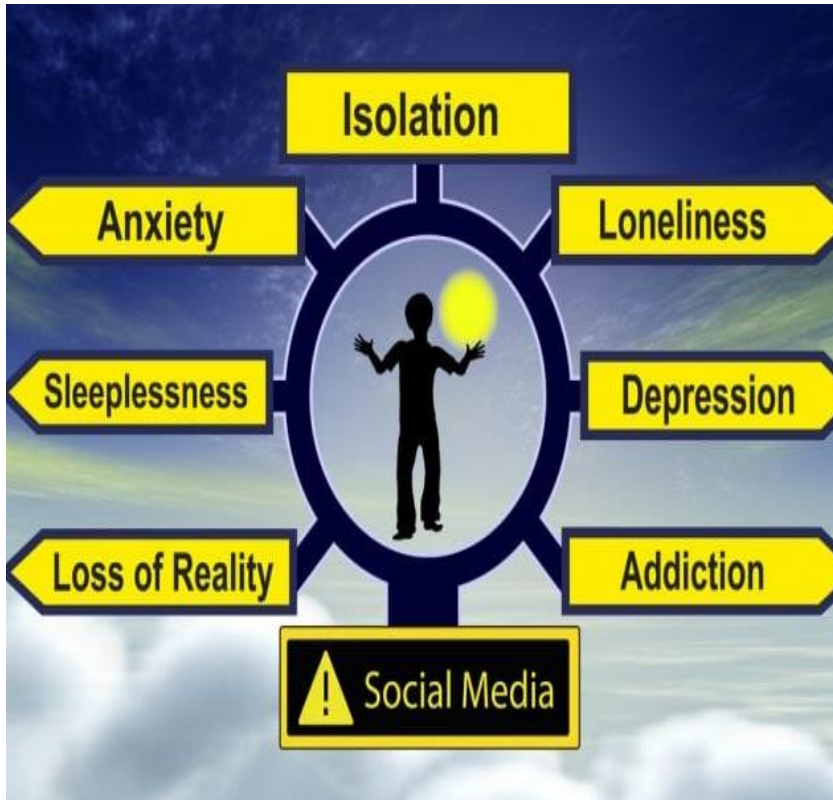
Source: Gallup Familial and Adolescent Health Survey, Institute for Family Studies • By Anissa Durham

Positive Impact On Mental Health



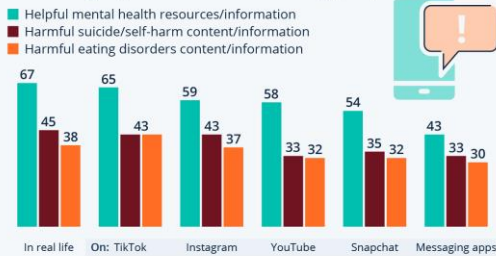
Negative Impact On Mental Health





Mental Health & Social Media: What Message Prevails?

Share of U.S. girls who report having had exposure to the following experiences at least monthly (in %)



1,365 U.S. female social media users (11-15 y/o) surveyed Nov.-Dec. 2022.
Real life: Total of 1,397 U.S. girls
Source: Common Sense Media

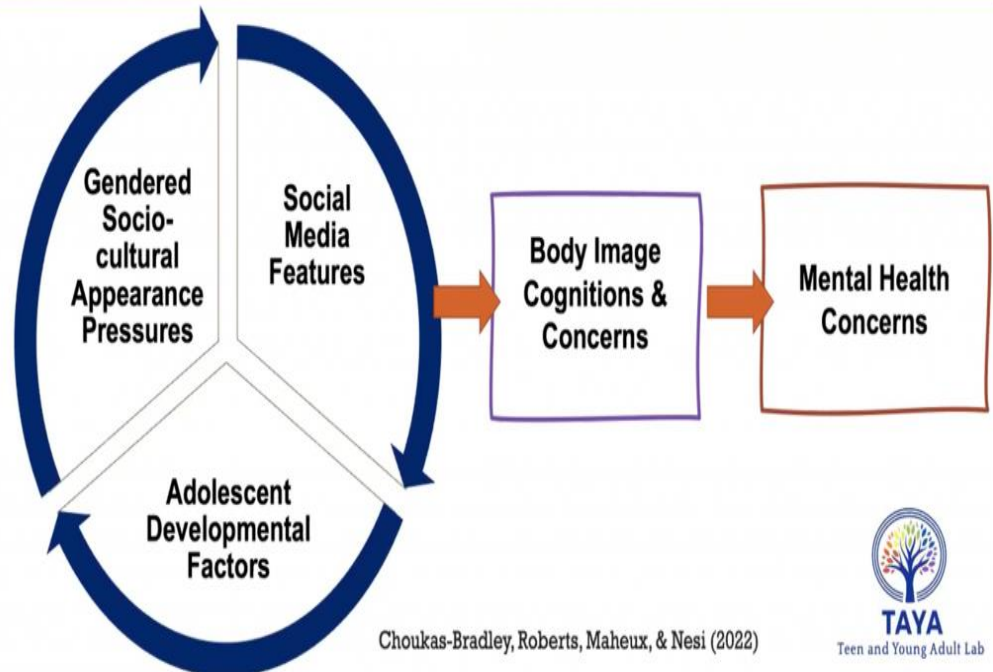


statista

How frequently do teenagers check their online social media?



"The Perfect Storm" Developmental-Sociocultural Model of Adolescent Girls' Social Media Use, Body Image Concerns, & Mental Health



Choukas-Bradley, Roberts, Maheux, & Nesi (2022)

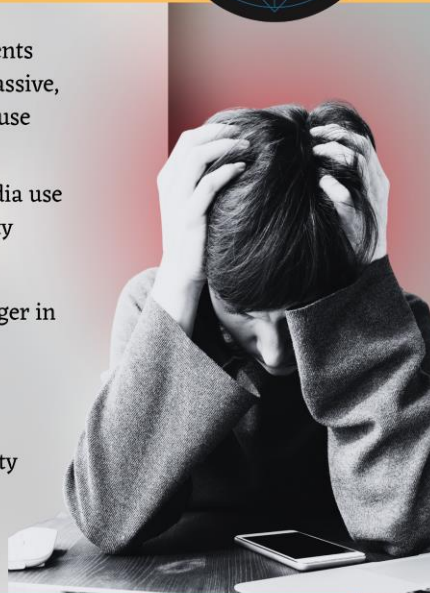
TYPES OF SOCIAL MEDIA USE, DEPRESSION AND ANXIETY



A new longitudinal study on adolescents investigated relationships between passive, active, and problematic social media use and depression/anxiety, finding:

- Active and problematic social media use associated with subsequent anxiety symptoms
- Relationship to anxiety was stronger in adolescents with less-extroverted personality types
- Passive social media use had no association to depression or anxiety

From "Adolescents and Social Media: Longitudinal Links Between Types of Use, Problematic Use and Internalizing Symptoms," Research on Child and Adolescent Psychopathology (June 2023)

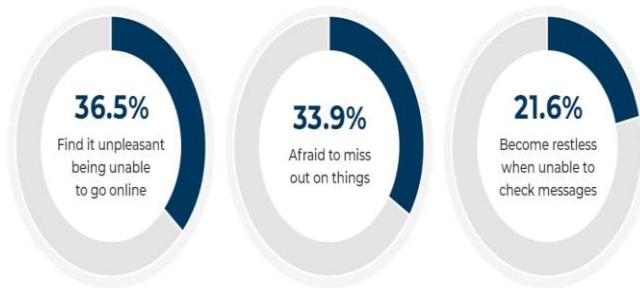


"Passive use": scrolling and viewing without posting/sharing

"Active use": interacting and posting/sharing



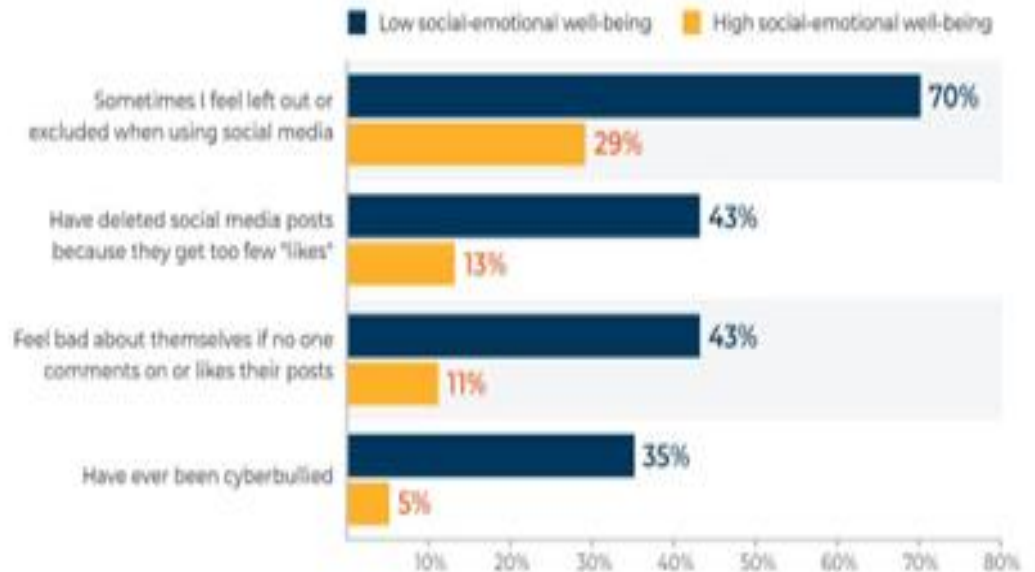
The Importance of Social Media Among 18-24-Year-Olds



Source: CBS



Negative Social Media Effects Over US Teenagers by Emotional Wellbeing



Source: Statista

Teens say they regularly use...



85% YouTube



72% Instagram



69% Snapchat



51% Facebook



32% Twitter



9% Tumblr



9% Reddit

Teens who use social media **7+ HOURS PER DAY** are more than **2X AS LIKELY** to have been diagnosed with **DEPRESSION**.

Primary Negative Effects:



EXPOSURE TO
CYBERBULLYING



INADEQUATE
SLEEP



LACK OF
PHYSICAL
ACTIVITY

Treatment for mental health issues significantly reduces device-related dysfunction.

4 IN 10

INSTAGRAM USERS ARE
UNDER 23 YEARS OLD

1 IN 7

TEEN BOYS SAID
INSTAGRAM
MADE THEIR
ANXIETY WORSE



22M

TEENS LOG INTO
INSTAGRAM EACH DAY

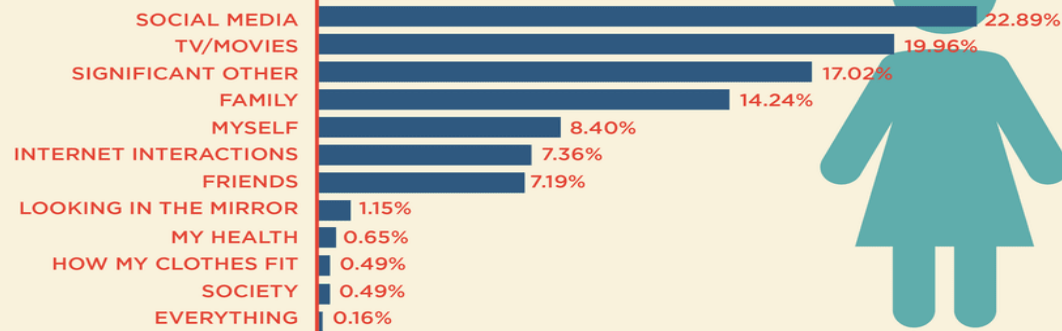
1 IN 17

USERS WITH SUICIDAL
THOUGHTS TRACE THEIR
DESIRE TO KILL THEMSELVES
TO INSTAGRAM

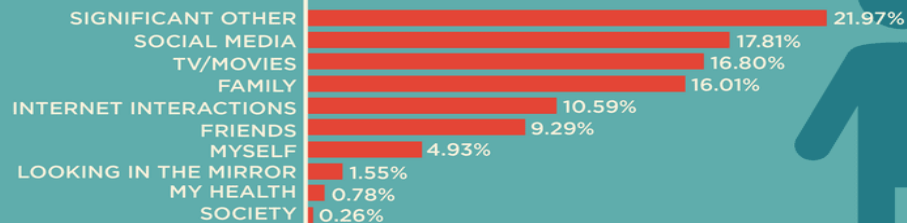


What Impacts How We Feel About Our Bodies?

WOMEN



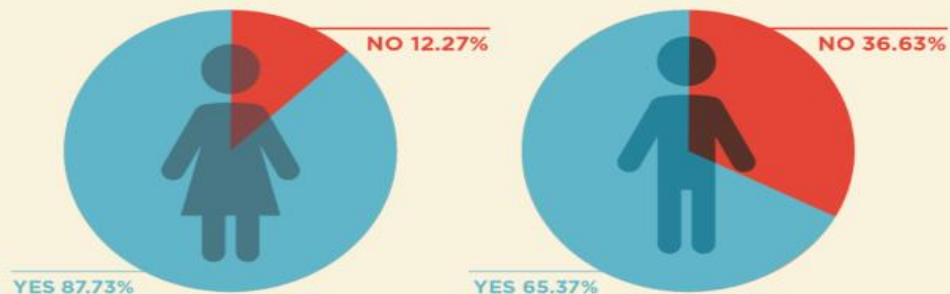
MEN





Selfie Stats

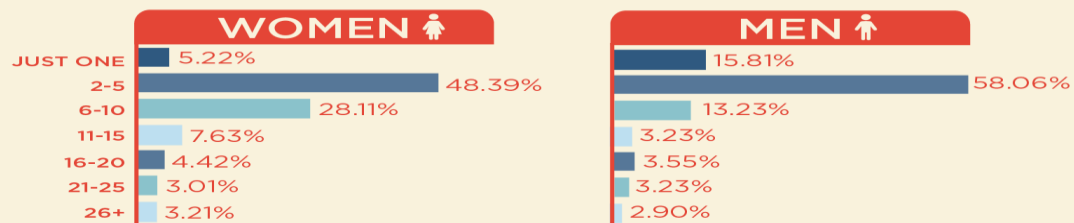
DO YOU COMPARE YOUR BODY
TO IMAGES YOU SEE IN THE MEDIA?



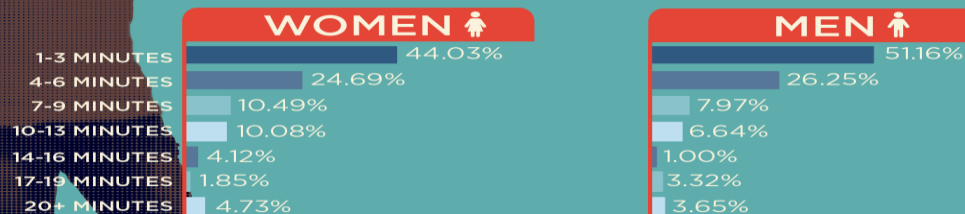
Does Your Body Compare Favorably or Unfavorably to Images in the Media?



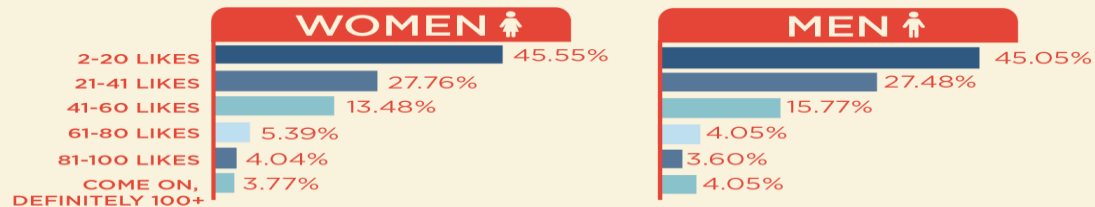
How Many Selfies Do You Take Until You Know You've Got a Winner?



How Much Time Do You Spend Tweaking Your Selfie Before Uploading?

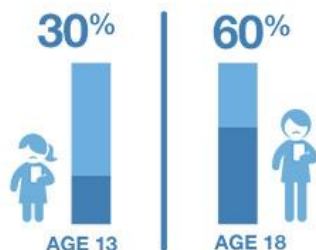


How Many "Likes" Does it Take to Feel Good About a Selfie?



Likes Up, Body Confidence Down: The Social Media 'Like-Chasing' Generation

The number of girls feeling appearance pressure from social media **doubles** between ages 13 and 18.



Girls with low body confidence are **3 times more likely** to say social networks can make them feel worse about their appearance

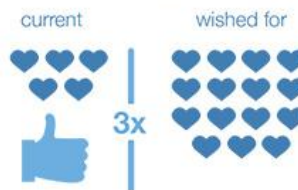


The average girl spends **1 hour 24 minutes** preparing for 'selfies' each week

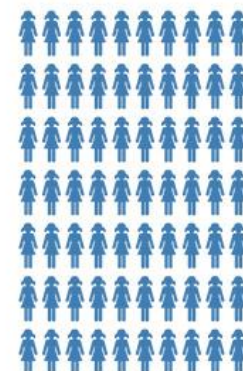
50% of girls avoid posting photos of themselves if they don't like how they look



Girls want **3 times** more 'likes' than they currently get



Dove has reached **17 million** young people with self-esteem education



across **112 countries**

Join us and help girls see the only like that counts is their own.

#NoLikesNeeded



1 in 4 girls have **deleted a photo** if it did not get enough likes

Girls would post more photos of themselves if they **thought they were prettier**



selfesteem.dove.com

Edelman Berland, on behalf of Dove, conducted an online survey of girls' attitudes and behaviours relating to social networks and posting photos in September 2015. 1,016 girls aged 13-23 across the UK were interviewed.

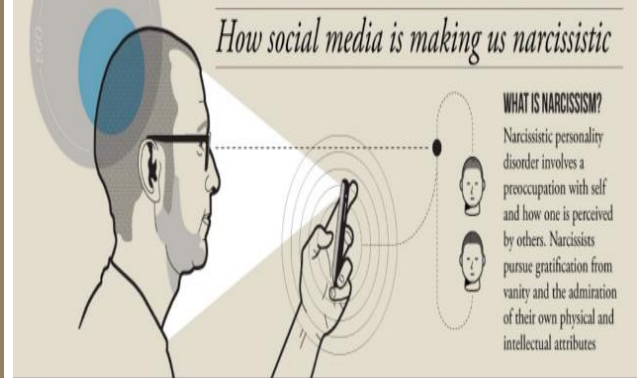
Non Sequitur by Wiley Miller

September 26, 2013



THE SELFIE SYNDROME

How social media is making us narcissistic



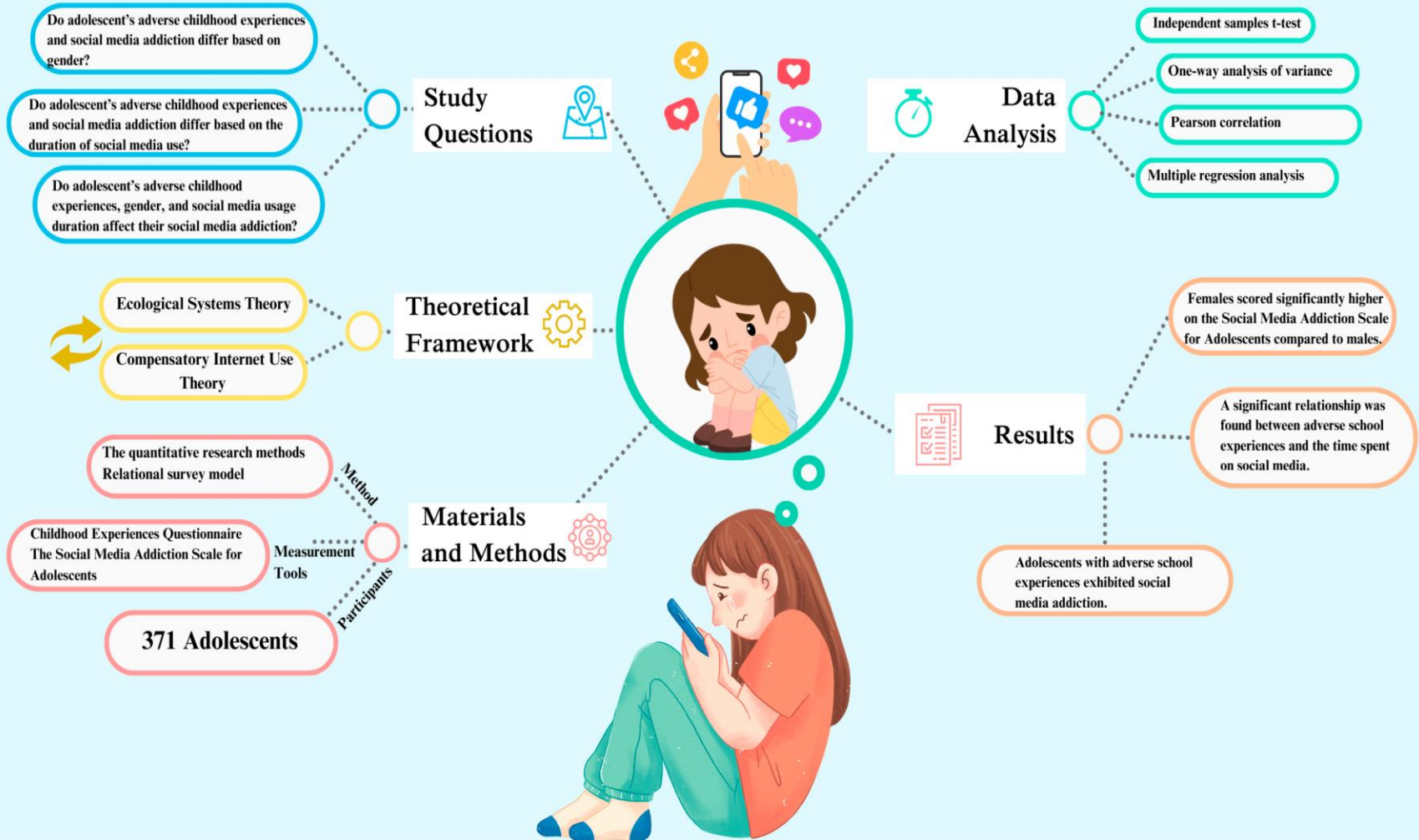
Have you ever considered finding another hobby besides taking pictures of yourself.



your eCards
someecards.com

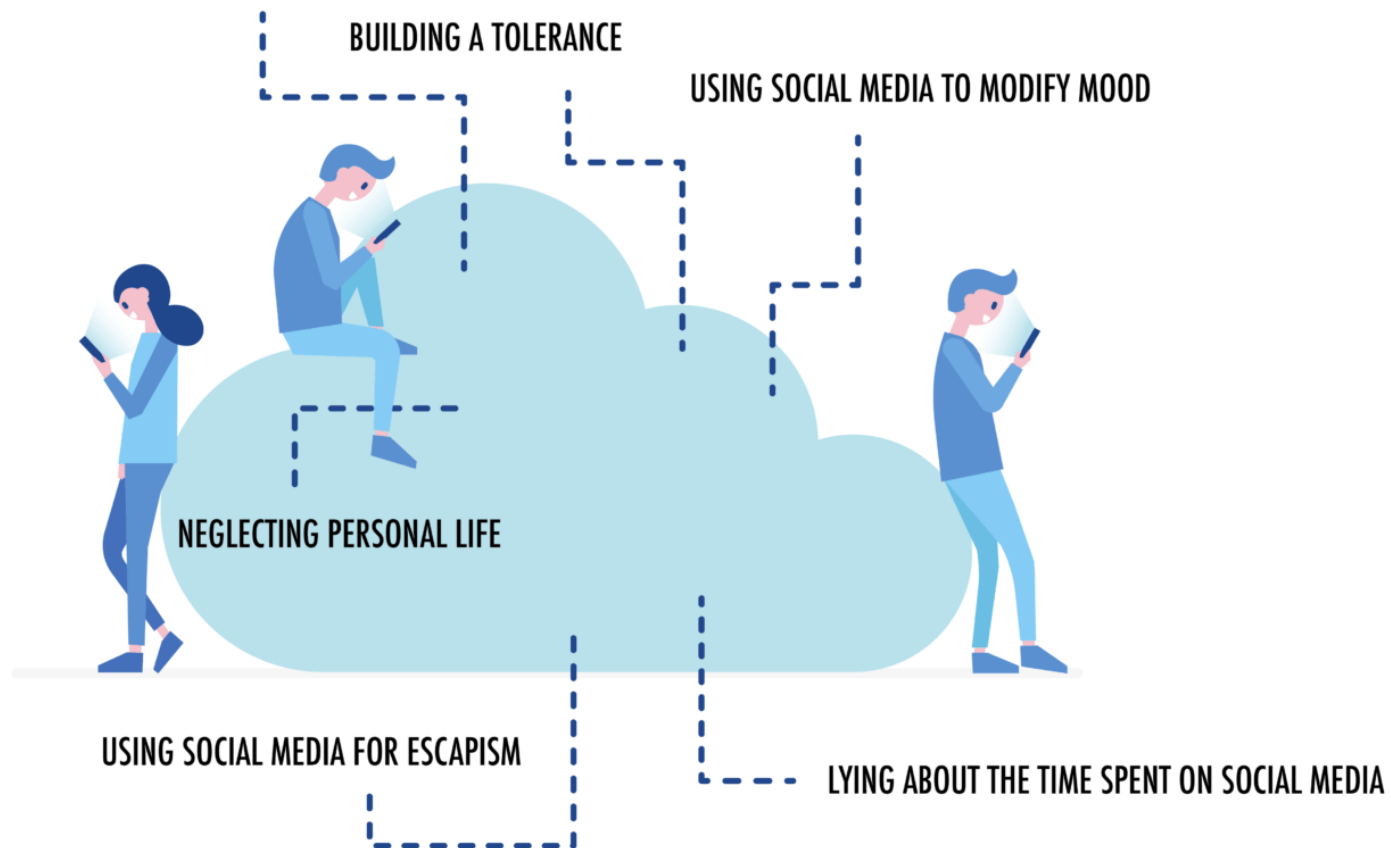
Terminology Concerns

From Childhood Experiences to Social Media Addiction



SYMPTOMS COMMON TO DRUG ADDICTION THAT ARE ALSO PRESENT IN THOSE WHO EXCESSIVELY USE SOCIAL MEDIA

PREOCCUPATION WITH SOCIAL MEDIA



Signs of social media dependency

- 1 Scrolling longer than intending and struggling to stop
- 2 Feeling anxious, restless or low without access
- 3 It is used to escape responsibilities or boredom
- 4 Work, sleep, or relationships suffer as a result
- 5 Compulsively checking apps, even during other tasks

There Is **No Recognized Social Media Addiction Nor Internet Addiction**

The DSM-5-TR lists social media as having the need for further research

The APA does address problematic social media use as potentially leading to negative consequences

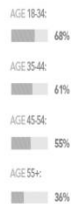
HOW DID YOU FEEL WHEN YOU MISPLACED YOUR PHONE?



WE'RE ADDICTED TO CHECKING OUR PHONES

58%
OF SMARTPHONE USERS

**DON'T GO
1 HOUR
WITHOUT CHECKING
THEIR PHONES**



lookout

**OBSESSION
OR
ADDICTION?**



ARE YOU ADDICTED TO YOUR MOBILE PHONE?



1

OWNERSHIP



83% of people own mobile phones



35% of mobile phone users own smartphones

2

**5 IN 10 PEOPLE
CONFESSED TO
BEING ADDICTED
TO THEIR MOBILE
PHONES**



49% confessed to being addicted to their devices

3

THE MOST COMMON ACTIVITIES AND USES ON MOBILE PHONES



4

**HOW MUCH ARE
WE WILLING TO
SACRIFICE? WHAT
WOULD PEOPLE
RATHER GIVE UP FOR
A WEEK INSTEAD OF
THEIR MOBILE?**



The Vicious Cycle of Unhealthy Social Media Use



Vicious Dopamine Cycle Of Social Media



Feelings of loneliness, depression, anxiousness or stress increases social media use.

Unhealthy Social Media Use Cycle

Increased feelings of inadequacy, dissatisfaction and isolation.

Feelings negatively affect your mood and worsen feelings of depression, anxiety and stress.

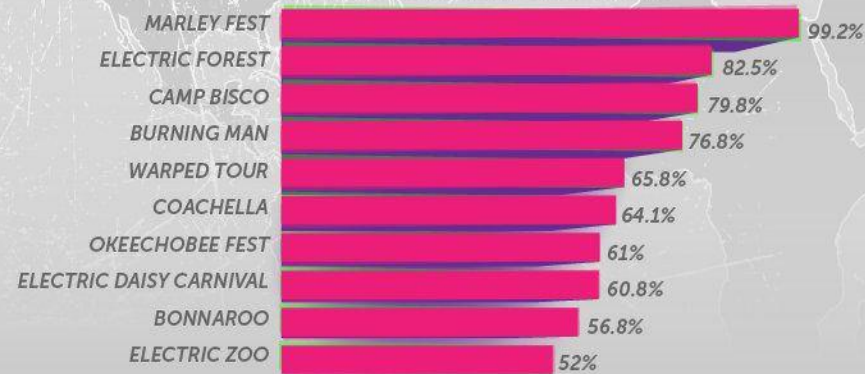
Robinson and Smith, 2020

Appropriate Terminology

SUBSTANCE USE ON INSTAGRAM

Music Festivals With the Most Mentions of Drugs and Alcohol

The Most Drug-Related Mentions



The Most Alcohol-Related Mentions



perceptions of social influences on drug use

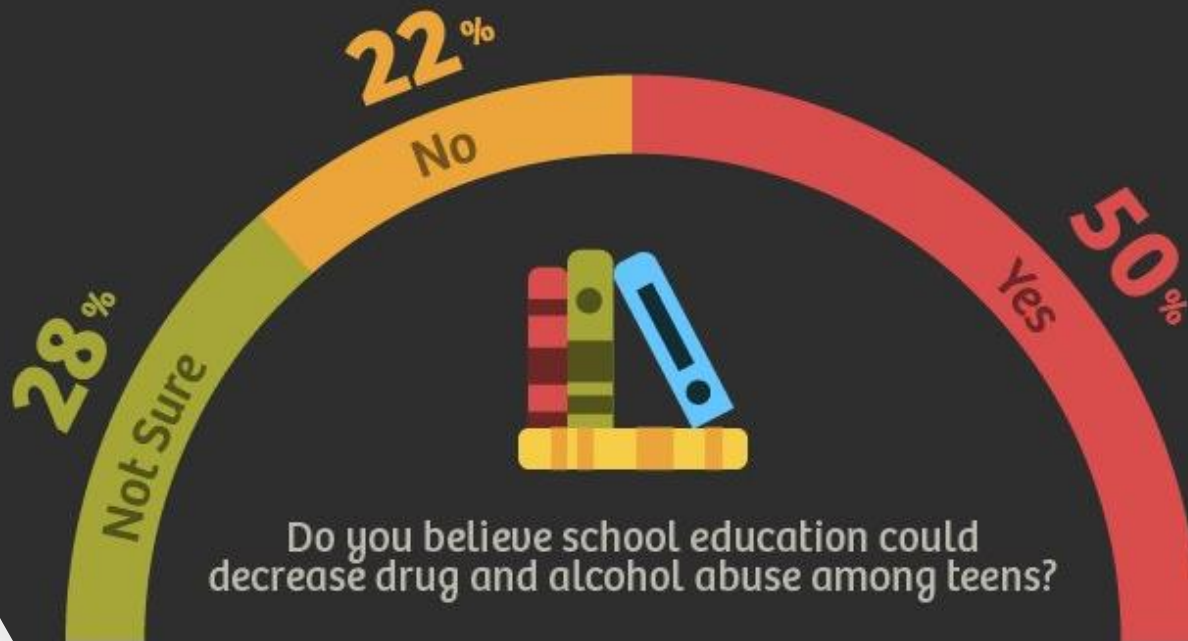


Believe social media makes it easier to get drugs

Think social media has made it easier to raise awareness of the dangers of drug abuse



Say social media plays a role in influencing youth drug use



Do you believe school education could decrease drug and alcohol abuse among teens?



EMOJI DRUG CODE | DECODED

COMMON EMOJI CODES

FAKE PRESCRIPTION DRUGS

PERCOCET & OXYCODONE



XANAX



ADDERALL



DEALER SIGNALS

DEALER ADVERTISING



HIGH POTENCY



UNIVERSAL FOR DRUGS



LARGE BATCH



OTHER DRUGS

METH



HEROIN



COCAINE



MDMA & MOLLIES



MUSHROOMS



COUGH SYRUP



MARIJUANA

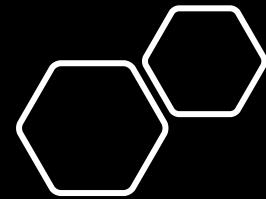


This reference guide is intended to give parents, caregivers, educators, and other influencers a better sense of how emojis are being used in conjunction with illegal drugs. Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are often sold on social media and e-commerce platforms – making them available to anyone with a smartphone.

#ONEPILLCANKILL

dea.gov/onepill

Disclaimer: These emojis reflect common examples found in DEA investigations. This list is not all-inclusive, and the images above are a representative sample.



What Is Digital Self-Harm?

Digital self-harm may involve sharing, sending, consuming, and/or posting negative or critical content about oneself on social media that is self-harming in nature, including sharing ways to self-harm with others online.

This can be in the form of posts, comments, likes, shares, messages, or other ways of using online platforms to express hurtful views about oneself.

Examples of Digital Self-Harm

- Posting self-harming content on social media
- Posting specific suicidal ideation or plans
- Reading a blog post, website, or discussion about self-harm
- Viewing images or videos showing self-harm content



How to Prevent Digital Self-Harm

- Identify contributing factors
- Avoid shaming
- Pay attention
- Have a conversation about digital self-harm
- Set appropriate internet limits for yourself or your child
- Join online support groups that promote mental health and wellness
- Express that you care about them

Self-Harm Risks of Social Media



Young people are becoming addicted to social media, making them more likely to experience the following negative effects that increase the risk of self-harm:


Sleep deprivation


Depression


Increased loneliness


Loss of friendships


Increased cyberbullying


Body image and eating disorders


Suicidal thoughts, plans, or attempts

THE AVERAGE CYBER BULLY STARTS AT AGE 9

Based on 2004 i-SAFE survey of
1,500 students grades 4-8.
<http://www.isafe.org/> 2009 and
Crimes Against Children Research

42%
OF KIDS HAVE
BEEN
BULLIED
ONLINE

21%
HAVE RECEIVED
THREATENING
MESSAGES
VIA E-MAIL
OR OTHERWISE

**1 IN 5 U.S. TENAGERS
HAVE RECEIVED
UNWANTED SEXUAL
SOLICITATION ONLINE**

35%
OF KIDS HAVE
BEEN
THREATENED
ONLINE

58%
HAVE NOT
TOLD AN
ADULT
ABOUT
THESE EVENTS

**ONLY 1 IN 3 HOUSES
WITH INTERNET
ACTIVELY PROTECT
THEIR CHILDREN**

INTERNET INTIMIDATORS

Treating Both Ends of Cyberbullying



Cyberbullying is a fairly new phenomenon and regrettably growing in this Digital Age. Those who are bullied often need help to overcome their oppressors, but the bullies also need help dealing with their misplaced anger. Let's take a look at some cyberbullying statistics, as well as how those with social work experience can help.

WHAT IS CYBERBULLYING?

Cyberbullying isn't just sending someone a snippy email.

ANY OF THE FOLLOWING CONSTITUTES CYBERBULLYING: ⁽¹⁾



Sending mean or threatening messages to someone's email or phone.



Spreading rumors about an individual through email, text or social media.



Posting humiliating or threatening messages on a social media profile.



Breaking into another person's account to send hurtful messages or pretend to be them with the intent of humiliation.



Taking and sending unflattering or sexual pictures of a person without their consent.

THE VICTIM...



18 YEAR OLD GIRLS

say they have experienced online
bullying or trolling

19 YEAR OLD BOYS

say they have experienced online
bullying or trolling






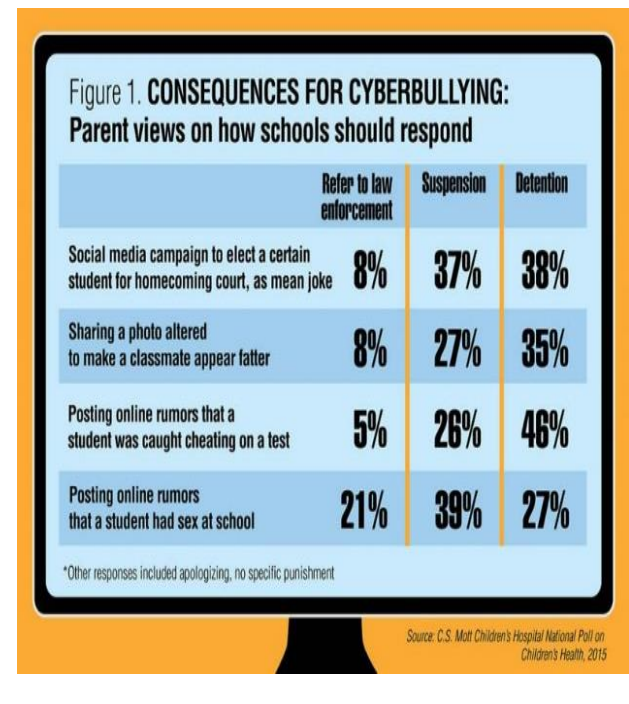
2/3 TEENAGERS

have experienced or know someone who has
been affected by online bullying or trolling

LONG TERM EFFECTS OF BULLYING

- Self inflicted harm
- Psychological disorders
- More likely to try drugs
- Continuous and severe depression
- Likely to require psychological help

what do you see?	what do you hear?	what else?
		
<ul style="list-style-type: none"> • Your child has a large amount of social media accounts • Your child is being secretive about their online activity • Your child spends long hours on social media 	<ul style="list-style-type: none"> • Snide comments or laughter from your child while they are online • Gossip or cruel remarks exchanged between them and their friends about an individual 	<ul style="list-style-type: none"> • A group or individual your child spends time with often behaves mean or uncaring • Your child has become more judgemental/critical • Your child may be more irritable/aggressive • They may retaliate against rules





INSTAGRAM RANKED WORST SOCIAL MEDIA PLATFORM BY YOUNG PEOPLE FOR MENTAL HEALTH

break free
from domestic violence

**"HE
CHECKS
MY
TEXTS
BEFORE
I DO"**

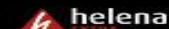
**If you think you're ready to
leave a controlling relationship,
then we're here to help you
break free.**

Call us on 01744 743 200 or visit us
online at www.sthelens.gov.uk/yaz

 **Riverside**

 **Safer
St Helens**

 **MERSEY-SIDE
POLICE**

 **helena
EXTRA**

 **St Helens
Council**

HEALTHY RELATIONSHIP

Cell phone he
uses to tell her
he loves her

His favorite
place to kiss

The clothing he
buys her because
he is so generous



Eyes that her
boyfriend looks
into lovingly

Smile that he
loves to see

The hand her
boyfriend holds
when they go for
a walk

UNHEALTHY RELATIONSHIP

Fat lip from when
he smacked her
for smiling at
someone else

The cell phone he
got her so he can
check up on her
constantly

Clothing he allows
her to wear



Eye he punched
her in for smiling
at a friend

Bruise where
her boyfriend
choked her

The wrist he
grabbed when
she tried to walk
away from him

Teen Violence Can Be...

PHYSICAL:

hitting,
slapping,
punching,
kicking

SEXUAL:

any unwanted
touching or
forces you
to have sex

FINANCIAL:

controlling most
or all of
the money

SOCIAL:

spreading rumors
using religion or
culture to control

VERBAL/MENTAL:

threats,
name calling,
put downs

DON'T LET SOCIAL MEDIA STRESS YOU OUT!

Making sure you're still connecting with friends in real life.

Set time limits on social media use.



Don't try to keep up with the Joneses.

Don't use social media to seek validation.

Put that phone down and be in the present every once in a while!

MYMENTALHEALTHDAY.ORG / @MHAOFMC





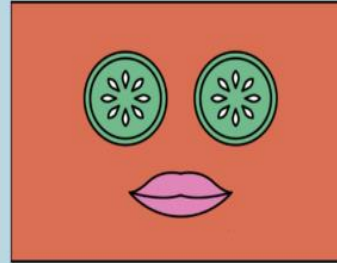
Taking A Break From Social Media



Wetime

Connecting with others can do wonders for your mental wellness.

[Read more →](#)



Metime

Spending time doing the things that help you care for yourself may improve your mental wellness.

[Read more →](#)



Zzztime

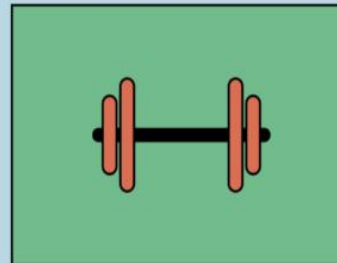
Snoozing even a few extra minutes each day could jump-start your mental wellness.

[Read more →](#)



Treetime

Spending time surrounding yourself with greenery and catching some rays can help you prioritize your mental wellness.



Flextime

Getting your sweat on can do far more than just make you look and feel your best physically.




Pettime


Science says that spending more time with pets could actually improve your mental health.







It's okay to



 block people 



 unfollow people who post things that negatively affect your mental health 



 mute or restrict accounts 

 turn off notifications 

 not respond right away - or at all 

 restrict or monitor your comment section 

 ghost people who won't respect your boundaries 

 take a break from/quit social media 

Healthy Social Media Use



Set a timer - so you don't scroll for hours



Use social media to connect with friends.



Only post kind comments.



Create real content.



Don't compare yourself to others.



Follow positive, uplifting accounts.



Unfollow or hide accounts that don't make you feel good about yourself.

THL

FACEBOOK MENTAL HEALTH LAWSUIT

Facebook (Meta) and other social media platforms are facing lawsuits from parents of children who've developed mental health problems as a result of excessive social media use.

Contact us for a free consultation or use the confidential chatbot on this page for a free case evaluation.

LAWSUIT STATUS:
Potential Litigation

SOCIAL MEDIA MENTAL HEALTH LAWSUIT

If you or a loved one has experienced **mental health problems** related to **social media use**, you may be eligible to **file a lawsuit**.

Contact **TorHoerman Law** for a free consultation or use the chatbot on this page to see if you qualify for legal action instantly.



THL

Societal Responses