





- Positive for support and engagement
- Self-harm, low self-esteem, depression
- Inappropriate content, sexual solicitation, cyberbullying risks.
- Desire for validation from other users
- Possibility of PTSD and leakage of sensitive information
- Evaluating effects of reducing social media use



- 97.5% of young adults in the U.S. have a smartphone.
- Mixed feedback received from public on social media.
- Resultant anxiety leads to other disorders.
- Research proves link between screen time and mental health deterioration.
- 33% rise in adolescent depression and suicides between 2010 and 2015.
- Protecting adolescents by advising parents on social media.