





The Association
for Child and Adolescent
Mental Health



Young people's social media use – what is the evidence?

With Jan Forshaw & Dr Lizzy Winstone

Today's learning objectives

- Have a greater appreciation of the context & debates around young people's social media use
- Take a deep dive into the relevant strands of the [Education for a Connected World](#) associated with digital stress and mental wellbeing
- Highlight some groups of young people who may be particularly vulnerable to risks attached to social media use



POLL: Which type of school are you representing this evening?

Social Media Use

Dr Lizzy Winstone

Senior Research Associate,
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Centre for Academic Mental
Health

Is social media use bad for young people?

'Social media is causing a mental health crisis', says head of British university hit by seven student suicides

- Pressure to appear perfect aided by social media, Bristol vice chancellor says
- Social media has become a 'burden' which forces students to appear 'happy'
- Seven students at Bristol University have killed themselves in past 18 months

By [ELEANOR HARDING FOR THE DAILY MAIL](#)
PUBLISHED: 23:40, 22 February 2018 | UPDATED: 07:01, 23 February 2018

DISGRACEBOOK Facebook and Instagram are damaging children's mental health, major study warns

By [Nick McDermott](#), Health Editor
13 Aug 2019, 23:30 | Updated: 14 Aug 2019, 4:07



SOCIAL media raises children's risk of mental health problems by up to half, a major study suggests.

Teens who spend more than three hours a day on social media are at higher risk for mental health issues, study finds

- 97% of teens report being on at least one social media platform and 45% say they're online 'almost constantly'
- Researchers asked teens how much time they spent on social media and screened them for behavioral health disorders
- Teenagers who spent more than three hours a day on social sites were more likely to report anxiety, depression and loneliness
- They were also more likely to be more aggressive and bully others

By [MARY KEKATOS HEALTH REPORTER FOR DAILYMAIL.COM](#)
PUBLISHED: 16:00, 11 September 2019 | UPDATED: 16:52, 11 September 2019

Newsletters

The Atlantic

TECHNOLOGY

HAVE SMARTPHONES DESTROYED A GENERATION?

More comfortable online than out partying, post-Millennials are safer, physically, than adolescents have ever been. But they're on the brink of a mental-health crisis.

By Jean M. Twenge

Is social media use bad for young people?

1st March 2023

 Open access | Research article | First published online May 3, 2021

There Is No Evidence That Associations Between Adolescents' Digital Technology Engagement and Mental Health Problems Have Increased

[Matti Vuorre](#) , [Amy Orben](#) , and [Andrew K. Przybylski](#)   [View all authors and affiliations](#)

[Volume 9, Issue 5](#) | <https://doi.org/10.1177/2167702621994549>

[nature](#) > [scientific reports](#) > [articles](#) > [article](#)

Article | [Open Access](#) | [Published: 06 January 2022](#)

No effect of different types of media on well-being

[Niklas Johannes](#) , [Tobias Dienlin](#), [Hasan Bakhshi](#) & [Andrew K. Przybylski](#)

[Scientific Reports](#) **12**, Article number: 61 (2022) | [Cite this article](#)

6981 Accesses | **3** Citations | **593** Altmetric | [Metrics](#)

The Sisyphean Cycle of Technology Panics

[Amy Orben](#)   [View all authors and affiliations](#)

[Volume 15, Issue 5](#) | <https://doi.org/10.1177/1745691620919372>

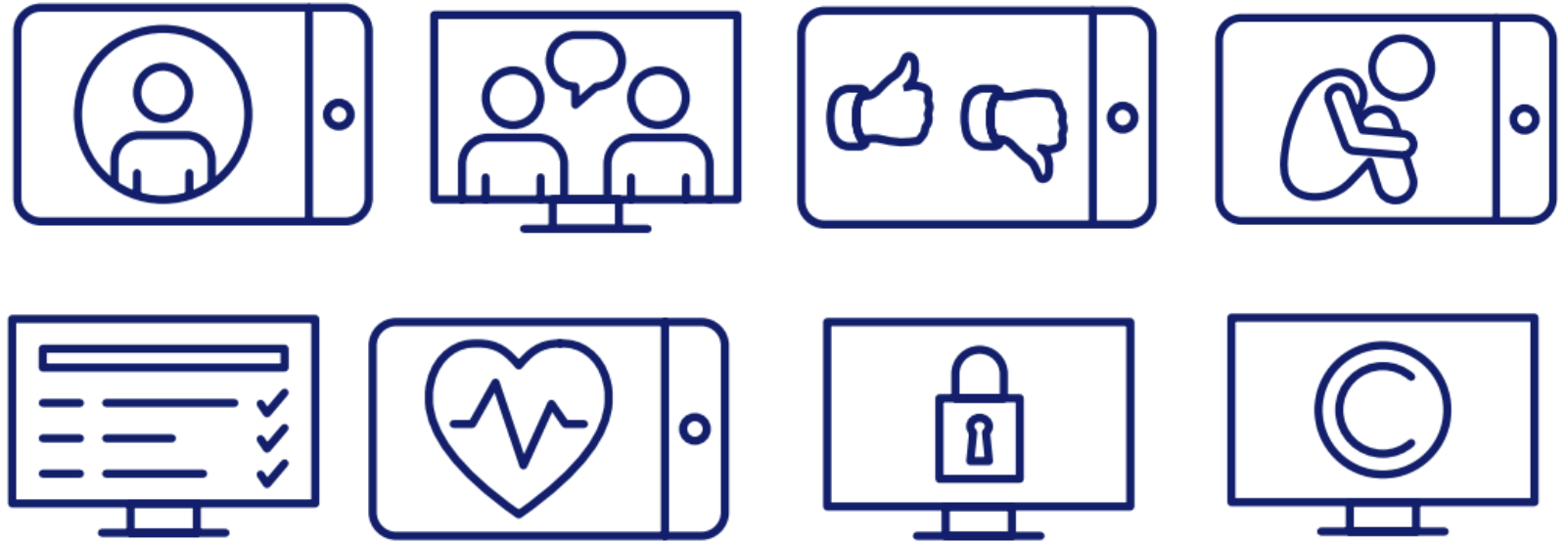
Poll: how is social media use addressed at your school?

- ICT lessons
- E-safety lessons
- Within Personal, Social and Health Education (PSHE) lessons
- Within Relationships and Sex Education (RSE) lessons
- Combination of the above
- None of the above

Education for a Connected World

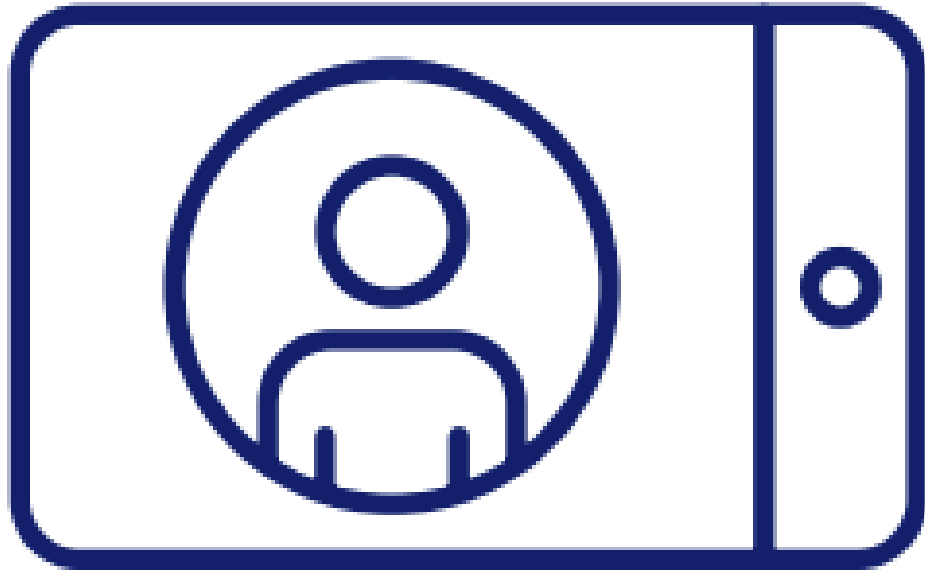
Education for a Connected World – 2020 edition

A framework to equip children
and young people for digital life



UK Council for
Internet Safety

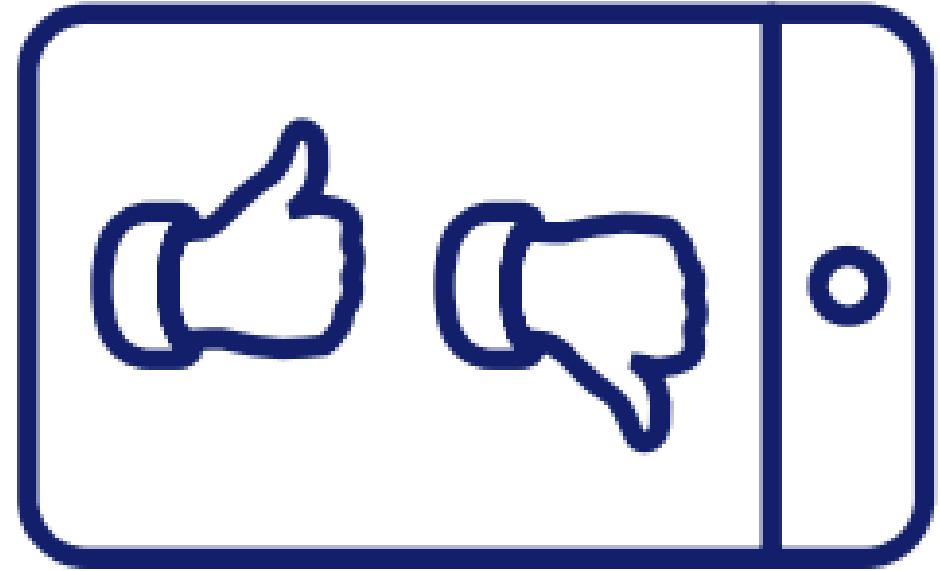
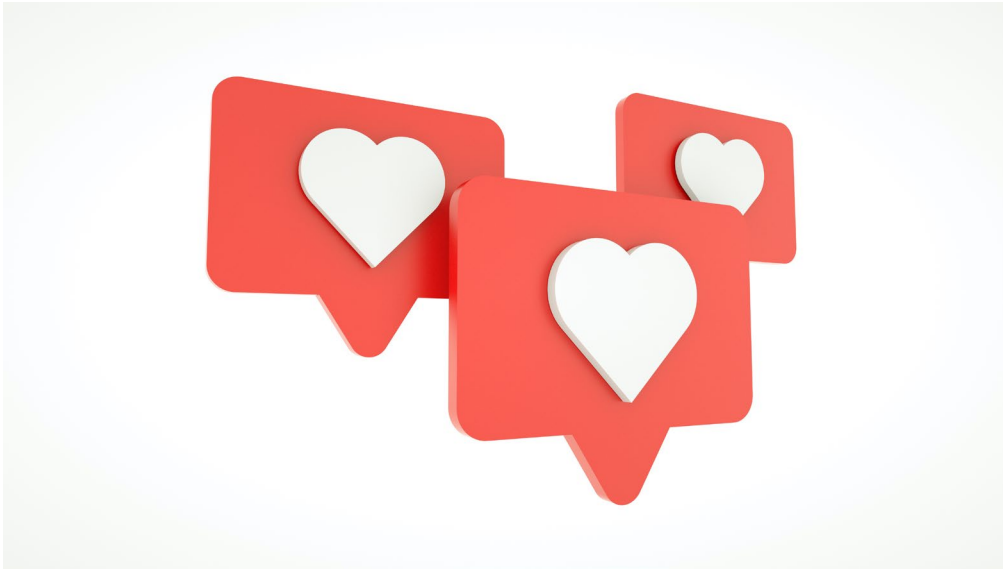




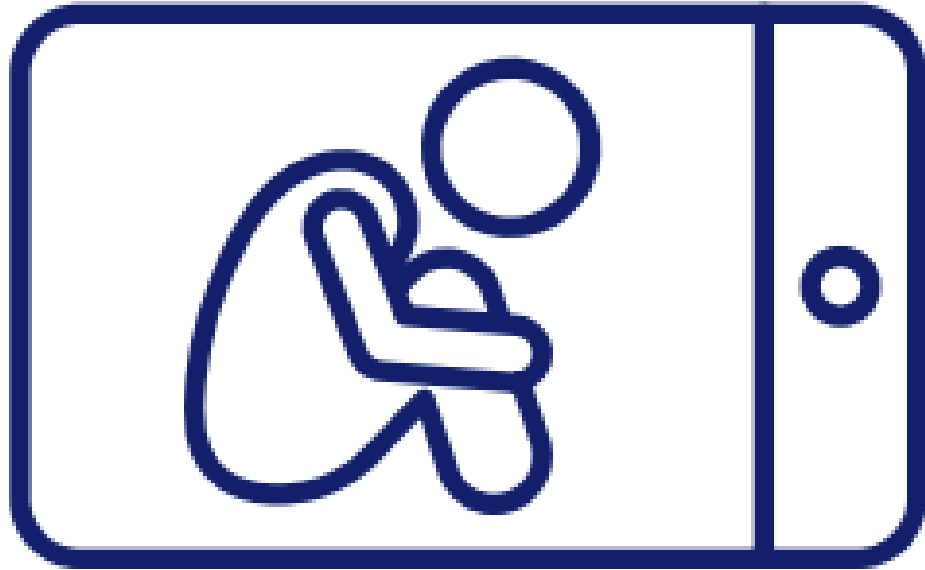
Self-image and identity



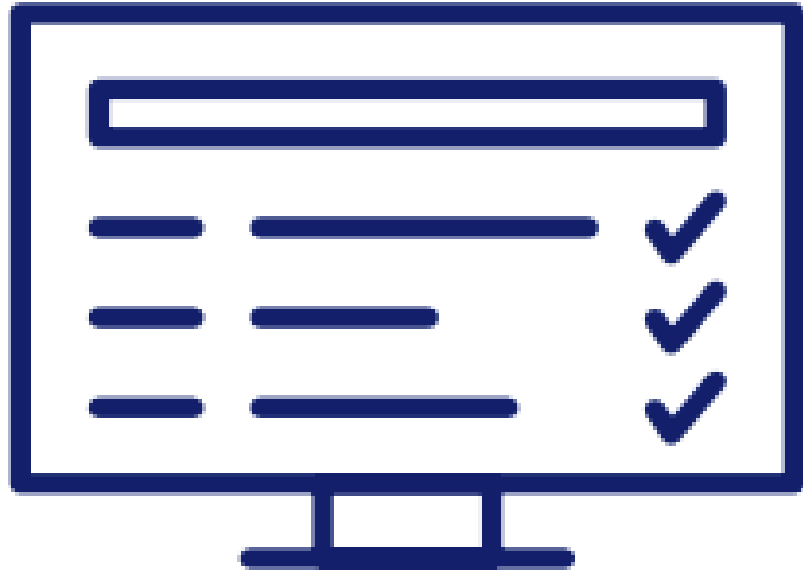
Online relationships



Online reputation



Online bullying



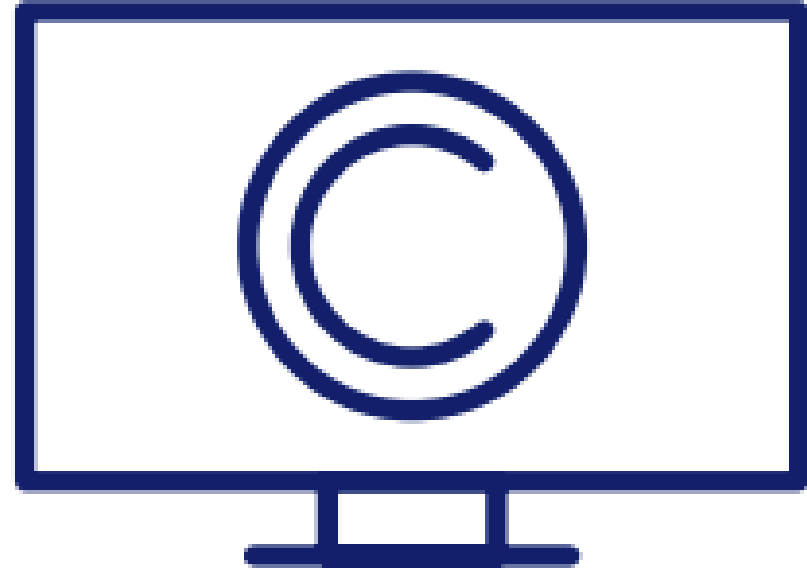
Managing online information



Health, well-being and lifestyle



Privacy and security



Copyright and ownership

Poll: which theme do you feel is most relevant to young people's mental health?

- Self-image and identity
- Online relationships
- Online reputation
- Online bullying
- Managing online information
- Health, wellbeing and lifestyle
- Privacy and security and
- Copyright and ownership

Vulnerable groups: existing poor mental health

Peer support and social connection

Escape/ distraction as form of coping

Comparison and validation

Harmful content – access and creation

Cyberbullying

Self-regulation

Kostyrka-Allchorne, K., Stoilova, M., Bourgaize, J., Rahali, M., Livingstone, S. and Sonuga-Barke, E. (2023), Review: Digital experiences and their impact on the lives of adolescents with pre-existing anxiety, depression, eating and nonsuicidal self-injury conditions – a systematic review. *Child Adolesc Ment Health*, 28: 22-32. <https://doi.org/10.1111/camh.12619>

Vulnerable groups: existing poor mental health

Because she felt down she was looking at things like that [videos of suicide and self-harm content] and that it just made her feel even worse, and made her get even worse. She shouldn't have been on social media at that time because it wasn't helping.

...if there's something about depression that you could relate to and you like it, it will just show you more of that, then you wouldn't be able to find any help because, like, on Facebook, it's just showing stuff that is depressing and not, like, good.

Winstone, L., Mars, B., Haworth, C. M. A., & Kidger, J. (2023). Types of Social Media Use and Digital Stress in Early Adolescence. *The Journal of Early Adolescence*, 43(3), 294–319. <https://doi.org/10.1177/02724316221105560>

Poll: how well
do you feel
your school
addresses
issues around
social media
use?

- Very well
- Quite well
- Not very well
- Not at all well

Summary

- Online experiences more important for mental health than screen-time
- Social media issues can be integrated within PSHE, RSE, e-safety lessons: resources are available
- Focus on digital resilience rather than emphasising risk
- Young people with poor mental health may require additional support with social media use

Thanks for listening

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TAKE SURVEY







3.45 - 5.00pm

Social Media: 14th Mar

**Bringing it all together – whole
school approach: 9th May**