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?
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 ELEONOR HARDING FOR THE DAILY MAIL
PUBLISHED: 23:40, 22 February 2018 | UPDATED: 07:01, 23 February 2018

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

- 87% of teens report being on at least one social media platform and 45% say their to do list 'is never complete'
- 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 media were more likely to report anxiety, depression and loneliness
- They were also more likely to be more aggressive and bully others

By MARY BROWN | HEALTH REPORTER FOR DAILYMAIL.COM
PUBLISHED: 16:01, 11 September 2018 | UPDATED: 16:02, 11 September 2018

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

Nick Mccormick, Health Editor

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

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?
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

A framework to equip children and young people for digital life

UK Council for Internet Safety

University of Bristol
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

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.

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