**Possible Sources**

1. **Study on effects of social media on young girls:** [**http://www.apa.org/pubs/journals/releases/dev-48-2-327.pdf**](http://www.apa.org/pubs/journals/releases/dev-48-2-327.pdf)

Facts:

* Online survey of 3,461 north American girls, age 8-12, 2010, Discovery Girls magazine
* Studied relationship between media use and well being
* Negative social well-being has a positive correlation with media use that is focused on interpersonal interaction, and media use that is not
* Video had the strongest correlation
* Media multitasking showed decreased social well-being
* Face-to-face brought about positive well-being

1. **Unraveling new media’s effect on children:** [**http://www.apa.org/monitor/feb03/unraveling.aspx**](http://www.apa.org/monitor/feb03/unraveling.aspx)

Facts:

* Ages 2-18, 5-5.5 hours using media, 1999 Kaiser Family Foundation report called “Kids & Media @ The New Millennium”
* Advertisers dump billions into influencing perceptions "We know very well that they wouldn't be investing the amount of money they do without clear evidence that those messages are influencing kids." Brian L. Wilcox, PhD, chair of APA’s Task Force on Advertising and Children
* Good, can use television to educate children, since children are glued to screens anyway

1. **Social Networking’s Good and Bad Impacts on Kids:** [**http://www.apa.org/news/press/releases/2011/08/social-kids.aspx**](http://www.apa.org/news/press/releases/2011/08/social-kids.aspx)

Facts:

* Parents who monitor kids online interactions aren’t doing any good, presentation at the 119th American Psychological Association(APA) Annual Convention
* BAD: More Facebook use shows more signs of psychological disorders (antisocial, aggressiveness), abuse can lead to anxiety, depression, GOOD: young adults are better at showing virtual empathy, helps introverts socialize, can be used for teaching, talk “Poke Me: How Social Networks Can Both Help and Harm Our Kids” by Larry D. Rosen
* Rosen says that instead of monitoring, talk with child – build trust

1. **Id, ego, superego:** [**http://www.academia.edu/5742134/Psychological\_impact\_of\_Social\_Networking\_Sites\_A\_Psychological\_Theory**](http://www.academia.edu/5742134/Psychological_impact_of_Social_Networking_Sites_A_Psychological_Theory)

Facts:

* NOT GOOD INFO

1. **Social anxiety in the age of social networks:** [**http://www.psychologicalscience.org/index.php/publications/observer/2013/may-june-13/social-anxiety-in-the-age-of-social-networks.html**](http://www.psychologicalscience.org/index.php/publications/observer/2013/may-june-13/social-anxiety-in-the-age-of-social-networks.html)

Facts:

* ½ of adults and ¾ teenagers are active social network users. Perceived usefulness impacts how much people use it, stimulates sharing and relationship building, Thanks to social networks, time and distance isn’t always a big factor in determining a successful relationship, cost of relationship has gone down, American Life Project (study) 2011
* Anti-social or people with low self-esteem can benefit the most from SNS, but they are the least likely to use it, 2008 (study) *The Wired Generation*

1. **The addiction and cost of social media:** [**http://www.huffingtonpost.com/sam-fiorella/social-media-addiction\_b\_2749102.html**](http://www.huffingtonpost.com/sam-fiorella/social-media-addiction_b_2749102.html)

Facts:

* NO GOOD DATA

1. **Survey: Young people who use social media seek fame:** [**http://www.usatoday.com/story/news/nation/2013/04/18/social-media-tweens-fame/2091199/**](http://www.usatoday.com/story/news/nation/2013/04/18/social-media-tweens-fame/2091199/)

Facts:

* NO GOOD DATA

1. **The Impact of Social Media on Children, Adolescents, and Families:** [**http://pediatrics.aappublications.org/content/127/4/800.full.pdf**](http://pediatrics.aappublications.org/content/127/4/800.full.pdf)

Facts:

* No good stuff

1. **Five days at outdoor education camp without screens improves preteen skills with nonverbal emotion cues:** [**http://www.sciencedirect.com/science/article/pii/S0747563214003227**](http://www.sciencedirect.com/science/article/pii/S0747563214003227)

**(This is an article summarizing the experiment DON’T SITE)** [**http://time.com/3153910/why-access-to-screens-is-lowering-kids-social-skills/**](http://time.com/3153910/why-access-to-screens-is-lowering-kids-social-skills/)

* 5 day camp with no electronics, after this comprehension of nonverbal emotional cues were improve, age 10-12

1. **Can always look at** [**http://www.psychologicalscience.org/**](http://www.psychologicalscience.org/) **or** [**www.apa.org**](http://www.apa.org) **or Google Scholar**

[**http://pediatrics.aappublications.org/content/125/4/756.full.pdf**](http://pediatrics.aappublications.org/content/125/4/756.full.pdf)

**(Study performed by Pew Research Center)**

Psychological:

* Aggressive behavior
* substance abuse
* Media presents “scripts” that tell us how we should act in certain situations
* “The relationship between media violence and real-life aggression is nearly as strong as the impact of cigarette smoking on lung cancer.”
* Anxiety, fear, desensitization can occur when repeatedly exposed to violent media
* Unrealistic expectations of body image
* Media gives exposure to drugs, more likely to use (legal drugs)
* >2-3 hours of tv in early childhood has been linked to ADD

Physical:

* Eating disorders , obesity, could be caused by 4400-7600 junk food ads per year that a person views
* +7 hours a day with media
* Television use is the most common form of media
* bedroom television increases media by 1-2 hours a day, overweight increases by 31%, and chances of smoking doubles, sleep is shortened

Social:

* Can encourage antisocial beliefs
* Internet bullying, harassment
* Media can be prosocial and educational

[**http://www.pewinternet.org/fact-sheets/social-networking-fact-sheet/**](http://www.pewinternet.org/fact-sheets/social-networking-fact-sheet/)

**(Study by University of Arizona in 2004)**

Social:

* February 2005-6, ages 18-29 went from 9-49% use of social network sites
* 2010 survey: Average social networker is half as likely to become socially isolated, Facebook users are more trusting, and have more close relationships, MySpace users are more likely to be open to opposing view points
* Social media has impacted politics
* Internet users are 42% more likely to visit a park or plaza, and 52% more likely to visit a coffee shop or café, Bloggers are 61% more likely to visit a public park
* Does more internet = less face-to-face? Study showed that in person contact remains the top method of communication, while cards and letters are the least frequent
* Cards are used more for long distance, while messaging, landlines, and in person contact is most associated with local ties