

Macro Roundup Article

Headline: Smartphones and Social Media are Destroying Children's Mental Health

Article Link: <https://www.ft.com/content/0e2f6f8e-bb03-4fa7-8864-f48f576167d2>

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Tweet: An increase in time spent on social media is associated with a decline in mental health, with the gradient steepest for girls. @jburnmurdoch.

Summary: Something is going very wrong for teenagers. Between 1994 and 2010, the share of British teens who do not consider themselves likable fell slightly from 6% to 4%; since 2010 it has more than doubled. The share who think of themselves as a failure, who worry a lot, and who are dissatisfied with their lives also kicked up sharply. The same trends are visible across the Atlantic. The number of US high school students who say their life often feels meaningless has rocketed in the past 12 years. And it's not just the anglosphere. In France, rates of depression among 15- to 24-year-olds have quadrupled in the past decade. The more time teens spend on social media, the worse their mental health is. The gradient is steepest for girls, who also spend much more time on social media than boys, explaining the sharper deterioration among girls' mental health than boys'.

Primary Topic: Family/Marriage

Topics: Family/Marriage, Op-Ed/Blog Post, Politics, Weekly

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