Ishita Patil

Advithi Baddam

Welcome!

Hi everyone! We are in Girl Scout Troop 6446 and we will be in 10th grade next year! We are holding the webinar for our Mission Sisterhood Journey. We chose social media's affect on teens and their mental health for our issue.

Our guest speaker

Brittany Minetti

Entry
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survey

05:00
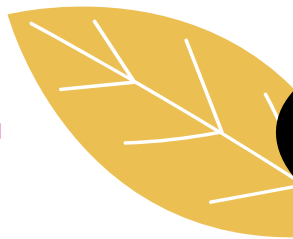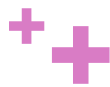
Social Comparison

80% of teens say they compare the way they look to other people on social media

- As social media becomes more popular and more addicting, the opportunity for social comparison increases.
- This can cause depression, anxiety, poor self-esteem, poor body image, and eating disorders as we are compare ourselves with strangers.

Remember filters allow us to alter our appearance to mimic unrealistic beauty standards by removing blemishes, brightening skin, making eyelashes longer, etc. Social media is unhealthy for comparison since people only share what they want others to see.

Low Body Confidence

- Many teens seek validation via likes and comments, comparing the likes with their friends."

- Only a few understand that social media posts are curated, edited and filtered carefully to make them look a certain way.

- People tend to confuse the "real" and "reel" life and compare them with the posts.

Overall many of the photos we see online are edited and not representative of real life. Many people only share the "best" photos of themselves, so comparing yourself with these should be something you AVOID. Comparing yourself can lead to low body confidence and negative effects on your mental health.

" Girls take on average up to 14 selfies in an attempt to get the right 'look' before choosing one to post."

" A 2023 report found that of all the social networks, children on YouTube are the most likely to be cyberbullied at 79%, followed by Snapchat at 69%, TikTok at 64%, and Facebook at 49%."

— Dr. Gregory Jantz

Effects

"According to one report involving parents of children between the ages of 10 and 18, 45% of children have been cyberbullied."

- Social media operates around the clock, allowing bullying behaviors to occur at any time and making it difficult for victims to escape or find reprieve from harassment.

- More accessibility of anonymous and secretive profiles, making it harder to trace down the actual person.

- Victims of this crime often experience lower self-esteem, and are at a higher risk of suicidal ideation, and various hurtful issues.

Screen Addiction

–Social Media is made to be addicting. They collect data by using who you follow, posts you like and comment, and what videos you spend more time on to articulate your feed for you.

– It can have various negative effects on your physical, mental, and social well-being.

"The study, which was the largest analysis of brain development in children, found that youth who spent the most time on digital technology exhibited higher levels of depression, anxiety, social anxiety, aggression, defiance, and bullying — even up to two years after the dependence."

Effects

– Physical: Eye strain, dry eyes, and poor posture(which can cause neck and back pain).

– Mental: Increase in stress, anxiety, FOMO (fear of missing out), higher rates of depression, reduce attention span. (Think about how many reels you watch in a day and for how long.)

–Social: Poor academic performance and decrease in productivity. It can also act as a distraction, use for procrastination, and a cause for reduced study time → isolation from real social activities, reduced face-to face interaction → lower communication skills

Bad sleep schedule

- Poor academic performance, lack of organizational skills and mediocre decision–making.

- As it worsens, it leads to teens making poor choices, such as choosing drugs and alcohol, fighting with the use of weapons, and sexual proximity.

- Leading cause of anxiety, depression, and insomnia.

"Multiple professional medical and scientific organizations have recommended that teens sleep eight to 10 hours per night. But only 1 in 5 high schoolers come close to that."

04

Solutions

What to do?

	Give your body credit	Your body is actually quite amazing so take a moment to feel grateful for your body and what is has done. This can improve your body confidence
	Reduce screen time	Limit time and turn of notifications. Be mindful that not everything is real and perfect when you do use the media.
	Prioritize	Learn to focus on things that are important for you and give you pure joy.

Detox your feed ♥

01

02

03

Spend 10-minutes scrolling through your feed, think about how certain posts make you feel.Think about which accounts make you feel uplifted and inspired and which ones negatively impact your self-esteem or body confidence.

Unfollow or hide the posts that make you bad about yourself. And trying following people that make you feel positive (have some accounts bellow)

Set calendar reminders or make a note in your diaries to do a 'tune-up' once a month by unfollowing toxic beauty advice.

72 % of girls felt better after unfollowing toxic beauty advice, so detoxifying your feeds is a practice worth keeping.

❤ Account you can follow!
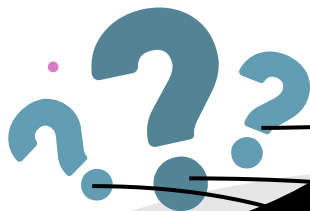
@hulisanravele
@itsmekellieb
@meganjaynecrabbe
@scarrednotscared
@megboggs
@emmadabiri

@tanyacompass

@spencer.barbosa

Scavenger Hunt for self love!

Steps:

1. Use the internet to find the answer to the question.
2. Write them in the chat box and enter when done with all questions

- All answers can vary because these question are made to help you!
- You have 15 minutes: GO!

Scavenger Hunt for self love!

1.Find an app that helps you track and limit your screen time. What is it called?

2.Find an educational YouTube channel or account that teaches something you're interested in. Share their name.

3.Locate an online resource (website, article, or app) that offers support for mental health.

4.Identify an influencer who advocates for a social cause you care about.

5.Look up a social media challenge or classes that promotes a good cause or self-improvement.

6.Find a tip for staying safe online. What is the tip and how can it protect you?

7.Find a website or tool for fact-checking news and social media posts

15:00

Scavenger Hunt for self love!

1.
   Forest

2.
   The School of Life

3.
   BetterHelp

4. @dr.alexandra.solomon
   advocates about the
   effects of social media

5. Project 50: Has 7 steps to follow,
   which help your everyday lifestyle
   like 1hr in the morning without phone

6. **Tip:** Use strong, unique passwords for each
   of your online accounts.
   **Protection:** keeps your accounts from
   being hacked

7.
   Snopes.com

Q&A

1. Introduce yourself :)
2. What does mental health mean for you?
3. How do you take advantage of social media as a influencer, while taking care of your mental health?
4. What are a few things you make sure to do for yourself and prioritize?
5. What would be an indication for people using the media to understand when/what is unhealthy for them?
6. What advice would you give to teens who might be afraid to speak up about their struggles like mental health?
7. How do you balance your real life with your online persona?
8. Any final thoughts or messages you would like to share with us today?
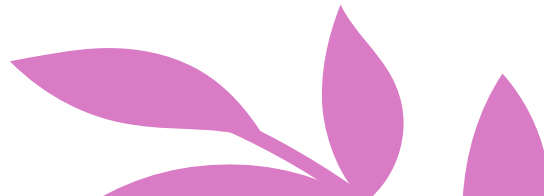
Exit survey

scan me ➡

05:00

Thanks

Citations

- https://assets.unileversolutions.com/v1/81511615.pdf
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- "Excessive Screen Time & Mental Health Issues." *Nexus Health Systems*, 13 May 2024, nexushealthsystems.com/excessive-screen-time-mental-health-issues/.
- "Get the Facts: National Organization for Women." *National Organization for Women* -, 29 Nov. 2014, now.org/now-foundation/love-your-body/love-your-body-whats-it-all-about/get-the-facts/.
- "Get the Facts: National Organization for Women." *National Organization for Women* -, 29 Nov. 2014, now.org/now-foundation/love-your-body/love-your-body-whats-it-all-about/get-the-facts/.
- Jantz, Dr. Gregory. "Cyberbullying and Its Impact on Mental Health: The Unseen Consequences of Social Media." *The Center • A Place of HOPE*, 4 Dec. 2023, www.aplaceofhope.com/cyberbullying-and-its-impact-on-mental-health-the-unseen-consequences-of-social-media/.