

The Negative Impacts of Social Media Use

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Negative Side Effects

- Depression
- Anxiety
- Feelings of isolation
- Distracts from social life
- Distracts from homework
- Disrupts sleep
- Exposure to incorrect or biased information
- Exposure to online predators
- Leads to warped perception of body standards

Causes

- Amount of time spent on social media platforms (3 hours or more a day)
- How often social media is used (more than 3 separate times a day)
- Exposure to content that depicts violence, pornographic material, acts of self-harm and illegal acts

Solutions?

- Prevent exposure to social media at a young age
- Limit the amount of social media being used

More than anything it is a personal decision. These platforms are engineered to capture your attention for as long as possible. You are the only person that can make the choice to stop and break the cycle.