Trend Update

Topic: Suicide Rates

I have found 3 main reasons as to the raise in suicide rate: social media, cyber bullying, and mental health.

Although the suicide rates are increasing the most important reason is due to social media. After 2010 once social media began becoming more popular data has shown that there has been an increase in suicide between the ages of 13-18. Social media has become part of our everyday life and we can incorporate it without even knowing or caring about the consequences. We use it daily that we don’t see the side effects it has on our mental health and for young children who are exposed to millions of people. It can be said that social media leads to cyber bullying often at school we seen kids joking around that someone who experiences cyber bullying should simply close their electronic device and that would simply get rid of the problem. However, the problem isn’t simply turning an electronic device off, its keeping children safe and free of bullying without having to restrict any access. Everyone uses social media nowadays and it would quite unrealistic to just assume today’s generation would simply put their phone down.

I watched this documentary of past employees who worked at very well known social media places and also had a good position at their work place. The documentary talked about social media and simply how its trying to suck us in all the time with any type of notification or by simply showing us post we would be interest in. It has data backing up their statement that social media has a correlation with suicide rates. The documentary is called, “the social dilemma.”

Mental health is increasing. Children no longer play outside as a way of relaxing their mind and simply taking a break from everything. Their way of “taking a break” is simply scrolling through social media or watching a video that do not stimulate the brain. Kids simply don’t get a break from anything and simply spend all their time on social media. This also brings out the fact that there has been a rise in anxiety and depression and could be related to the way people are being raised nowadays.