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Video 3

1. What is the best thing about social media?

It allows me to keep in touch with my friends, I'm also interested in seeing what other people are doing without being nosy, and you can also find memes on the internet.

1. Can social networks be harmful to mental health?

I think that social networks can be harmful to mental health. I find everything on social media very interesting, but everyone can create their own online lifestyle to have a fake lifestyle. Also, when you see people who are better than you - it makes you want more. People start engaging in introspection and start comparing themselves to other people.

1. What is the worst thing that affects your mental state?

I think the worst thing that affects mental health is Instagram.

1. How many teenagers said that Instagram and Facebook increase feelings of anxiety?

1/2 of teens aged 14 to 24 surveyed said Instagram and Facebook increase feelings of anxiety.

1. What number of people said Instagram worsens their attitude to body image?

7 in 10 said Instagram worsens their attitude to body image.

1. How many people said Facebook makes cyberbullying worse?

2 in 3 said Facebook exacerbates cyberbullying.

Health and wellbeing league table (from best to worst):

1. YouTube;

2. Twitter;

3. Facebook;

4. Snapchat;

5. Instagram.

Best for wellbeing: YouTube.

Worst for wellbeing: Instagram.