

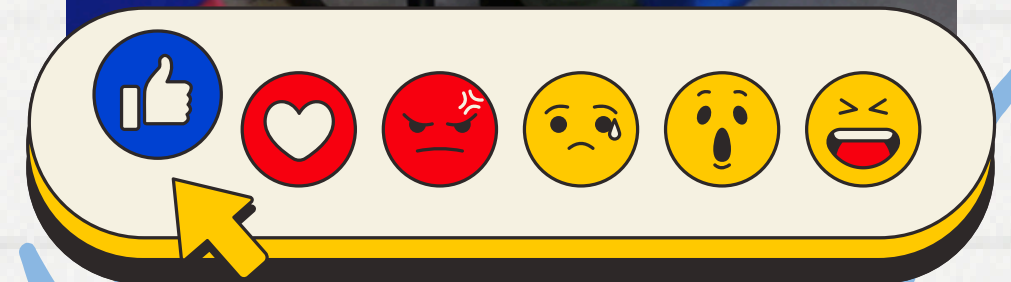
# **Social media and mental health**



**Emma Brown MYP for Somerset**

# Who am I? Why am I here?

- I am Emma Brown
- I am an elected member of Youth parliament for Somerset
- I am running a 2 year campaign on Social Media and its impact on mental health in young people.
- I am here to talk about my campaign and my findings.



# What have I done so far?



01.

Spoken with many healthcare professional and MPs to see what help is available

02.

Created a county wide survey to provide my campaign with liable statistics

03.

Undertaken research for my campaign from which I will create resources and a report.





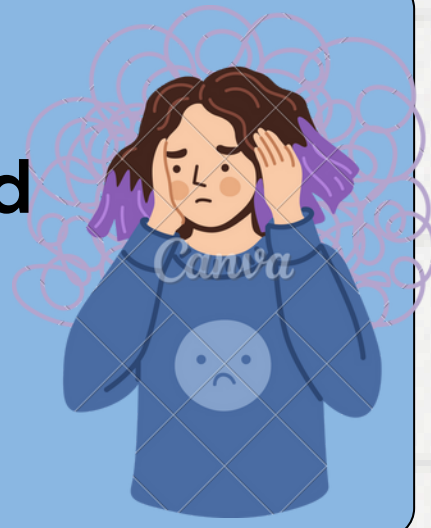
# Social media usage in young people.

- Ages 12–15: About 87% of this age group use social media regularly, with TikTok seeing strong growth among younger users.
- Ages 16–24: Around 96% of this age group use social media. This demographic is most active on Instagram, TikTok, and Snapchat.
- On Average: Young people aged 16–24 in the UK spend approximately 3 hours per day on social media.
- Frequency of Checking: About 80% of young users check their social media accounts multiple times a day, with many accessing platforms like Snapchat and Instagram over 10 times a day.





**Rise in anxiety and depression**



**Fear of missing out**



**Addiction.**



**Why is incorrect social media usage such a problem for young people?**

**Unrealistic Standards:**




**Cyberbullying**



**Exposure to Harmful Content**



The background features a light blue grid pattern overlaid with various hand-drawn blue scribbles, including circles, loops, and wavy lines. The main text is centered in a large, bold, black font with a white drop shadow.

**But should that be  
the way we look at  
social media?**

**I don't think so...**

**Better  
Commuincation**



**Making new  
Friends**



**Exploring new  
communities and  
ideas**



**Why is  
correct  
social  
media  
usage so  
useful  
for young  
people?**

**Expressing  
yourself**



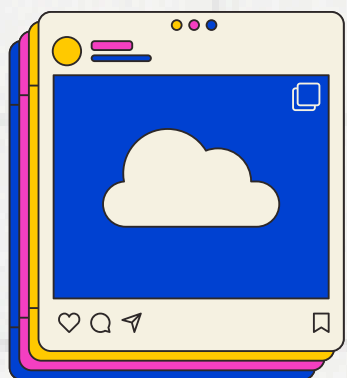
**Learning new  
skills**



**Online Support**







# Steps that young people can take to ensure positive usage online



**01**

Set some time limits on your apps!

**02**

Keep your accounts private.

**03**

Dont share your personal information online

**04**

If you see something that upsets you, Report it.

# Where can you go if you need help because of something you have seen online?

Talk to a trusted adult;

- Parents
- School teachers
- Cadet/scout leaders
- Youth Leaders



Online Forums;

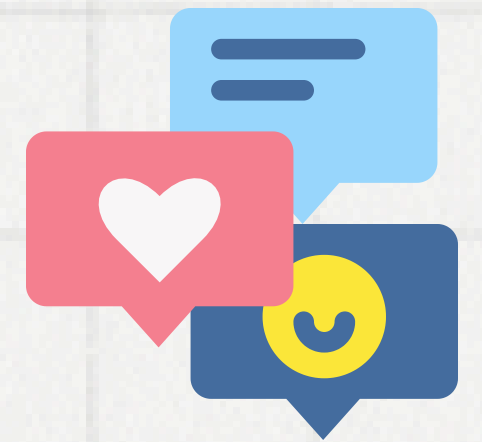
- Kooth
- Tell mi
- Mind

ask for help



# If my work has interested you...


Join Youth parliament! We welcome everyone aged 10–25 who live and go to school in Somerset. We also discuss many important issues such as Social Media.



**The more members we have, the more young people can make a change and raise awareness.**

<https://somerseyouthparliament.org.uk/>





**Thank you  
very much!**

**Any Questions?**