

My Survey Results 2025

**Social Media and Mental
Health Survey (Somerset
Youth Parliament)**



A Short Introduction About my survey

This was a survey designed to get to the root of young people interpretations, understandings and opinions on their usage of social media. It is a survey aimed to challenge the stereotypes of young people on social media which are imposed by Adults who rule the statistics on our news outlets. This survey is there to give a voice on a regional level to those whose voice matters most.

Young People.

Usage of Social Media



94,5%

**Said that they had
social media, that
is 358 people!**

5.5%

**Said that they
didn't have social
media.**

Do you believe this is accurate?

What do you think?

This represents the large proportion of young people who have social media; in this survey this included apps such as snapchat or instagram and excluded those such as google classroom.

CYBERBULLYING AND SUPPORT



**37.7% SAY THEY, OR A
FRIEND HAVE EXPERIENCED
CYBERBULLYING**



**MOST COMMON SOURCES OF
SUPPORT;
TEACHERS
KOOH
PARENTS**





70.6%

**HAVE BEEN
EDUCATED ON THE
TOPICS OF SOCIAL
MEDIA**

EDUCATION

**GENERALLY, MANY YOUNG
PEOPLE BELIVED THAT
ADULTS NEED TO INCREASE
THEIR EFFORTS IN TRYING
TO UNDERSTAND SOCIAL
MEDIA IN THE WAY THAT IS
RELATABLE FOR YOUNG
PEOPLE**

What do you think are some of the negatives of Social Media?

Amount of access young children have to inappropriate material, fake news, influencers

Increasing beauty standards and insecurities, incel culture, consumerism

Time wasting, short form content, misinformation, comparing ones self to

body standards

others

Young people are very

cyber bullying vulnerable on it if they don't know what to look out for

Procrastination

Gets addictive and can have a negative impact on health.

If people are too exposed to harmful content, it can cause body image issues or insecurities and people are also more vulnerable to cyber bullying.

Fear of missing out, body image issues, feeling unworthy, cyberbullying

What topics/posts do you look for most when on social media?

Topics/Posts regarding my
interests, such as drawing,
painting, origami, tv shows,
video games

I just scroll there is nothing imparticular

idk I just scroll

I mainly watch videos!

Anything

Whatever the fyp throws at me

True Crime

International politics,
fandom stuff, things

Culturally relevant moments

about history

videos on
advice for
my hobbys
e.g gym

Healthy lifestyle, gym
community, tutorials on how
to do something, inspiration
and musical artists

Things relating to my interests

how to be pretty

Palaeontology posts and memes.

Cat memes.

Can you give examples of where you can receive support online or in school for issues around Social media and mental health?

We have a place2be councillor

First aid

You can speak to any of the teachers but mainly your tutor

Speaking to teachers,
Head of year, tutor,
Websites online

(kooth.com) Mobile
phone numbers

(Samaritans phone
number)

School- teachers and from that they can give more advice to go onto a well-being team.

Head of
house

Social media- For online support regarding social media and mental health, you can

cahms self
referral

Childline

contact Childline or The Mix. Childline offers support via phone (0800 1111) or online chat for children and young people. For older individuals, The Mix provides support at 0808 808 4994 or online.

mental health websites

