



Inspired by the
U.S. Surgeon General's Advisory

SOCIAL MEDIA & YOUTH MENTAL HEALTH



thrivealliancegroup.com

- 1** Developmental impact of social media on kids
- 2** Positive aspects of social media
- 3** Caution about social media use for our children & teens
- 4** The disproportionate impact on females
- 5** Sources of support for our children

♀ GIRLS VS. BOYS ♂

Social media makes them feel like friends are leaving them out.

37% of girls vs. **24%** of boys

The Fear of Missing Out (FOMO) and the desire for social approval can lead to a preoccupation with their online image.

2023 Teens & Social Media: Key Findings from Pew Research Center



♀ GIRLS

- **80%** of girls report downloading a filter or an app to change the way they look in photos by the time they are 13 yrs. old.
- Social media can objectify girls, emphasizing physical appearance over other qualities.
- Social media may contribute to female body dissatisfaction, eating disorders, social comparison, and a sense of low self-esteem.

2022 Effects of Social Media on Teens: Understanding the Headlines-bgca.org



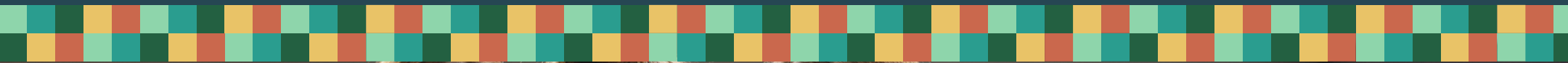
♀ GIRLS VS. BOYS ♂

Social media makes them feel worse about their own lives.

28% of girls vs. **18%** of boys

Girls are more compelled to seek online validation through shares, comments, and likes.

2023 Teens & Social Media: Key Findings from Pew Research Center:



Cyberbullying & predatory behavior

- Nearly **6-in-10** adolescent girls say strangers contact them on social media in ways that make them feel uncomfortable.
- At least every month, a **third** of adolescent females of color report being subjected to racist content on social media outlets.
- They are more likely to form potentially dangerous online relationships with people they haven't met in person.





GIRLS VS. BOYS



Feel overwhelmed because of the drama on social media.

45% of girls vs. **32%** of boys

Girls are often subject to hurtful comments related to their appearance or relationships.

2023 Teens and Social Media: Key Findings from Pew Research Center





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**For more information on the impact of
social media and other issues influencing
student & staff mental wellness,
consider our professional development
opportunities at
thrivealliancegroup.com
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