# Social Media & Mental Health

Young people enjoy being online as they can instantly connect with peers, express creativity, and access entertainment and information. However, the online world poses many hidden and overt harms that young people face. In a Stem4 survey of 1025 young people, **93%** said they had been scared by online content, **52%** were worried about bullying and **39%** were concerned about sharing of sexual images. Overall, a significant **86%** of 12-to-21-year-olds are highly concerned about the negative impact social media is having on their physical and mental health.

"Spending too much time on social media can impact stress levels and sleep" (the Children's Society)

TikTok is a social media app that allows users to create and share short videos. TikTok has been said to contribute to low confidence and self-esteem. Videos can lead to an unrealistic view of what a 'normal' body looks like and could be linked to the rise of eating disorders in young people.

Toxic masculinity is nothing new, but there has been a notable increase in its promotion online, especially on TikTok. Gender sterotypes are harmful and lead to young boys believing they need to conform to these gender roles in order to be accepted.

Snapchat is a free messaging app that allows you to share photos, videos, text and drawings. It is unique to other messaging apps due to its disappearing message feature. Images vanish from the recipient's phone after a few seconds. Some argue it encourages less healthy forms of communication, such as sexting and bullying which in turn can have a negative impact on a young persons mental health. .

In school we have copies of:
How to #ControlYourScroll: A Guide for Young People

This guide offers young people tips and tricks on how to #ControlYourScroll. This includes topics such as; avoiding and recovering from online harms, reducing screen time and how to avoid FOMO (fear of missing out). The guide offers simple digital hacks and mental health strategies needed for a positive and safe online experience.
Encourage your child to collect a copy from room 53.
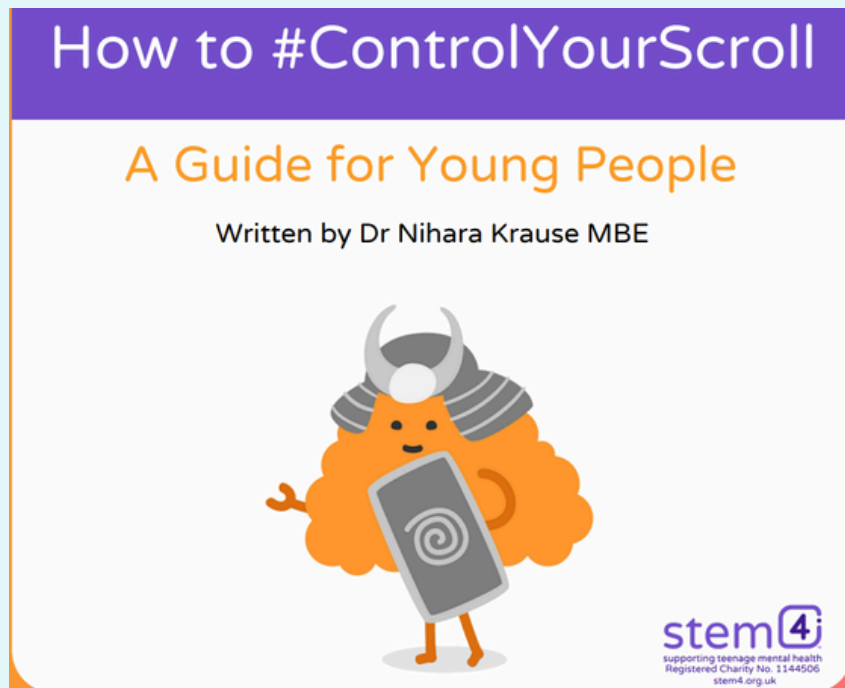


While young people are advocating for safer social media, they cannot be expected to protect their mental health alone. It's essential for parents and carers to step in, both by monitoring their child's social media use and by understanding the risks their children face online. Many parents aren't fully aware of the dangers their children are exposed to on social media platforms. The tricky part for parents is identifying the tipping point between a healthy relationship to social media and its negative effects.

# Signposting

**UK Safer Internet Centre**  - Social media Hub

**internet matters.org**  - What is 'doomscrolling'?

**Action for Children**  - Social media and mental health: the good, the bad and the ugly

**Action for Children**  Parent Talk offers free, down-to-earth advice for parents of children aged 0-19 online across the UK. We'll connect you with a parenting coach for judgment-free advice and emotional support.

**stem4** supporting teenage mental health  Stem4 have a range of apps to support young people and families:

- **Calm Harm** - Self harm
- **Clear Fear** - Anxiety management
- **Move Mood** - Low mood & depression
- **Worth Warrior** - Low self esteem, poor body image & eating disorders.
- **Combined Minds** - For friends & family who are supporting young people with their mental health.

Download on the App Store

Compass are currently supporting students at Erdington Academy. Please contact school if you feel your child needs support. Alternatively, parents and carers can contact Compass directly to discuss their concerns.

# Compass Birmingham
## Mental Health Support Teams

**Mental health support for children, young people, and their families**

Need supprt with :
# low mood
# anxiety
# stress
# managing emotions
? ? ?

Our team offer the right mental health support at the right time for children and young people within schools and colleges.

CONTACT US:

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We provide low intensity support to children and young people aged 5-18.* We also work with parents/carers to provide support for their young people.

*up to 25 years old for care leavers with special education needs or disability