

SOCIAL MEDIA IMPACT ON MENTAL HEALTH

The adverse impacts of social media on mental health are glaring, which is supported by numerous studies.



ONE IN FIVE

youths between the age of 12 and 16 experience unwanted online exposure to sexually explicit materials

ONE IN NINE

youths between the age of 12 and 16 experience online sexual solicitation

IN 2022, THE INTERNET WATCH FOUNDATION CONFIRMED 255,588 REPORTS OF CHILD SEXUAL ABUSE MATERIAL

*alongside a 13-percentage point increase (from 23% to 36%) in sexual abuse imagery of youths aged between **seven and ten***

199,363 reports were tagged as including self-generated content

8 minutes is the average time it takes for a predator to bond with a child

73% of teens report having consumed pornography before the age of 17 (58% accidentally)

15% had seen pornography for the first time at the age of 10 (or younger)

52% reported having seen pornography depicting what appears to be rape, choking, or someone in pain

56%

of teens associate the absence of their cellphone with loneliness, anxiety, or feeling upset

of teenage users of various online formats and platforms experience bullying, as a bully, victim, or witness

76%

of teenage users are involved in conversations about suicidal ideation and/or self-harm

57%

ADOLESCENTS WHO SPEND MORE THAN 3 HOURS A DAY ON SOCIAL MEDIA FACE DOUBLE THE RISK OF EXPERIENCING POOR MENTAL HEALTH OUTCOMES

INCLUDING SYMPTOMS OF DEPRESSION AND ANXIETY

according to the U.S. Surgeon General's 2023 Advisory on Social Media and Youth Mental Health

In a meta-analysis conducted by the International Journal of Environmental Research and Public Health, it was found that time spent on social media was significantly associated with the risk of depression, which increased by 13% for each hour increase in social media use by adolescents

600

U.S. teens who endorsed posting or following thin-ideal body image content on social media platforms were surveyed, of which...

61%

mentioned that the content elicited negative/bad feelings and lowered their self-esteem

26%

stated this content triggered a desire to engage in eating disorder behaviors

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For citations, please visit:

<https://endsexualexploitation.org/EffectsOfSocialMedia>