

Social Media & Mental Health

Voice of Young People in Somerset

Emma Brown

MYP for Somerset

Social media and mental health



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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

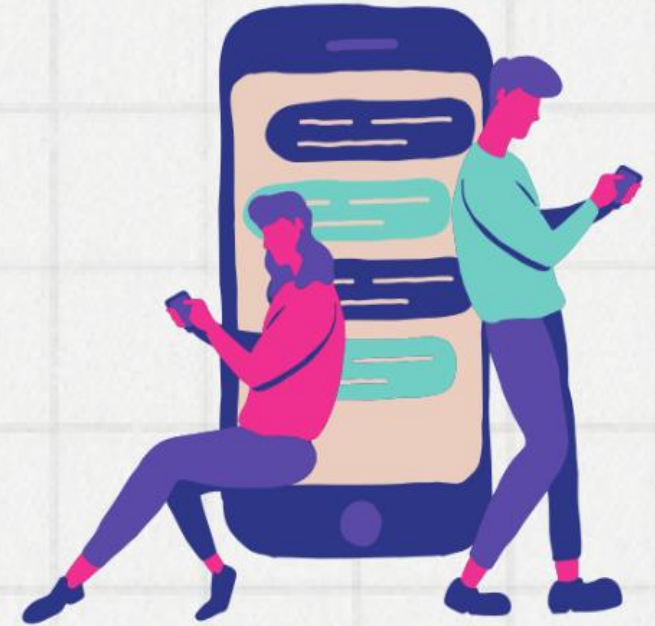
03.

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



**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

Don't 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?



Somerset Safeguarding
Children Partnership