

**Synthesizing Perspectives: Crafting an Interdisciplinary View of Social Media's  
Impact on Young People's Mental Health (Maltby, et al. 2024)**

Secondary School Headteachers responses ( $n=321$ )

(Numbers do not respond to Demographic data ID).

1. There is a huge impact on the mental health of our students. The incidence of bullying, name calling, shaming, threatening is a daily issue and also the impact of the images they see has definitely the mental health and wellbeing of students. I would say that social media will be somewhere in most of the student issues we are seeing as counsellors.
2. To a considerable extent, both positively and negatively. Social media can connect young people to others with shared interests and experiences. But it can also facilitate bullying and poor self- image.
3. It effects their self image and causes them to become more judgemental of themselves and each other. It minimises the importance of human connection and instead creates self worth based on quantity (of followers) not quality.
4. Its impact is enormous, and it's quite alarming.
5. It can be a good thing. It can be a bad thing. Often , it is both. A secondary form of communication and socialisation.
6. It has a negative impact on mental health. It doesnt allow the young person to form meaningful connections and there is no definition between virtual and reality.
7. I think it has a significant impact on mental health and well-being. Self-esteem is one big area, in that young people are developing their self image in apps that encourage filters. Addiction is another- the pursuit of likes and engagement providing a temporary high of sorts, plus fear of missing out and not responding to / viewing notifications. I think social media interactions impact organic friendship development, and facilitate superficial relationships that leave young people feeling connected but lonely. Use of more mainstream pornography sites can warp young people's expectations of sexual relationships. We have also seen increases in bullying that students don't feel they can escape from as they are always 'available' on their phone. I also feel that overuse of social media apps impacts young people's attention span as the apps encourage instant gratification. Social media can make young people fearful of being called out or deviating from an agreed set of values and ideas. They are also rife with predatory and exploitative users who can groom young people via their phones. There are also influencers who target vulnerable young people and encourage risky or damaging behaviour, such as eating disorders and self harm. We are seeing more young people getting into what would have been niche communities because they are able to gather in social media spaces, which therefore normalises behaviour that may have been quietly on the fringe before. This can have a positive impact but there are young people getting into activity that they are definitely too young for and this is again facilitated by social media.

8. i think it can have a bad influence as people and younger children can see bad examples of society
9. To a great extent. I see cyberbullying as one of the biggest threats. Children can create so much drama in their group chats gossiping and being rude to each other whilst chasing "likes" that many of them end up feeling excluded, anxious, and unable to cope with the negative comments.
10. I think it has a terrible effect on young people's mental health. It is "always on" meaning that they never have a chance to switch off and move away, resulting in hyperstimulation. It also offers an inexhaustible amount of information, which is overwhelming and unhelpful. Unrealistic and over-curated news feeds make people feel that their own lives are sub-standard or insignificant which can compound feelings of low self-worth. Also, the addictive nature of social media can mean young people separate themselves from those around them and their real-life relationships suffer. Young people are vulnerable to predators on social media so their safety is also at risk.
11. A pressure to be seen and to be performative. Also, being unable to switch off and escape
12. In my experience social media has a negative and worrying effect on young people's mental health. With 24/7 ability for bullying, constantly comparing themselves with other people online and sharing tips about self-harm etc it is clear that social media leads to youngsters suffering adverse mental health.
13. It is consuming and for some the most secure or only source of information or companionship. It is deskilling young people and removing communication and the ability to navigate healthy relationships. Equally it is becoming the source of research and the 'gospel according to' where other more balanced sources exist.
14. Considerably, although the particular social media changes over time. In my opinion influencers should be held accountable for their actions.
15. to a great extent, especially as it prevents them from exercising and being outside a lot too
16. It affects it badly. Being constantly available, is negative for young people. They do not get time to switch off. This is also having a negative impact on those who experience bullying. No longer is bullying in person, it's something that victims can't escape from as it goes home with them. Social media is so public and it is difficult to have damaging posts taken down about individuals.
17. Massively as they are obsessed at what is being put on social media and it consumes most of their thoughts.
18. A massive effect; people will look at what they don't have and feel bad. It also discourages the development of vital social skills that can cause isolation and also puts them at higher risk of bullying
19. There is a huge extent. Students seek approval of mysterious followers and when they are unsuccessful don't know how to respond to failure. They are also exposed to the wide world in an unfiltered format that can spread hate and fear.
20. It takes them away from the real world of social interaction and takes them into a world that is isolated. Social media can involve bullying, grooming and pressures from peers.

21. Hugely. Messages via [named social media] on the phone or similar affect young peoples lives.
22. Yes - generally in a negative way. Arguments with peers are more likely to become public and become more difficult to resolve as others get involved. Foolish and immature comments or actions can become widely shared and cause intense shame over the long term. Comparing themselves to peers constantly creates a sense of inadequacy. Access to sites where there are lots of young people talking about self harm, disordered eating and suicide ideation can actively encourage young people to normalise these feelings and go 'down a rabbit hole'.
23. Social media does not portray real life so children and young people may compare themselves to influencers online and feel bad about themselves
24. I think social media use impacts the mental health of young people hugely. They no longer see airbrushed images in magazines on a weekly basis, they consume these images daily, often many times a day. They compare their lives to those of influencers whose job it is to sell products to us, and young people cannot keep up with this. This leads to poor self esteem and confidence issues.
25. Social media usage most certainly affects student mental health. From generating dangerous trends, to being exposed to an enormous amount of unfiltered content, our young people have instant access to anything they want and parents are scared to enforce rules and regulations on phones etc so they do not monitor effectively. Young people are often 'broken' without their phone on them. Our school has a no phone policy - which is not uncommon now - but students still feel the need to go to the toilet to check their phones regularly. They talk about streaks and 'accessing' their friends. Social media has ruined communication - children do not know how to talk to each other properly now. Bullying online is a real concern. Group chats cause an inordinate amount of mental health concerns amongst the student population. There is no escape from unpleasantness. Addiction to media is also a huge concern. Wanting to feel the same as everyone else also causes issues. I have worked in education for 20 years, and have seen the rise in mental health cases as part of my role. Most stem from something online.
26. A great deal. Especially with the advancement of mobile phones, social media is having a negative impact on mental health. They are connected 100% of the time and also this connection can get in the way of real relationships. sleep and schooling. It also hinders young people from having time to themselves and puts pressure on being constantly available. It also affects their ability to form real relationships and when social media isn't available it causes stress and anxiety.
27. Young people feel more self conscious when exposed to fake lifestyle standards portrayed on social media. They feel a sense of failure when they can't aspire to the the fabricated images portrayed on social media. They also receive information often without context or warning and therefore can be exposed to things that do not match their level of understanding or maturity.
28. Hugely. Working in a secondary school it is shocking to see what young people are being exposed to. Inappropriate content, incessant access to messages (both practical and negative), trolling, sexting, child on child abuse. The use of social media impacts on the school day as fights are started online with the keyboard warriors and brought

- into school the next day. Children cannot get away from the exposure to social media without parental guidance. I believe it is leading to a huge mental health crisis.
29. It makes him see things that they might not understand which might scare them. It can normalise things that aren't normal such as self harming, and there's gonna have a really negative impact on their mental health. This is also the fear of missing out on things and young people can feel very isolated.
  30. It has a big influence it tell them how their life should be but social media gives a false representation
  31. It can expose them to bullying and also addiction to their devices. They should be taught limits and accountability.
  32. Social media does not portray reality, so children and young adults may compare themselves to influencers and feel bad about themselves.
  33. I think there is alot of bullying and unkindness that happens over social media and due to alot of children having access through phones and tablets there is no stopping it this in turn affects their mental health and well being.
  34. It has a significant negative impact. It destroys self esteem and encourages narcissistic thoughts. It causes young people to disconnect from the real world and real situations. It causes them to lack basic social skills.
  35. There is a pressure to engage with social media and this leads to a less selective approach to which particular materials to access. Algorithms in social media promote certain areas to the target population and often these are negative aspects which impact severely on mental health in young people. The anonymity of posters is also problematic.
  36. It has a negative impact on mental health. Children struggle to appreciate that what is posted as real life is not always the norm. There is a pressure to live up to unrealistic expectations.
  37. Social media overall has a negative impact on mental health, not just in young people, but adults too. Its use leads to; - Safeguarding issues in schools and colleges - Unhealthy comparisons between people. e.g. one could easily think everyone is having an amazing life, except for you. - It provides a new and more secure vector for bullies to prey on their victims.
  38. It affects their concentration and causes anxiety
  39. Social media use in children, young people, and young adults can have both positive and negative effects on their mental health. It can provide a sense of community and support for young people. However, it is also linked to negative well being and self-esteem, with more girls experiencing feelings of depression and hopelessness.
  40. It has two sides really. On the one hand, it deteriorates them because of all the scrutiny, negativity, and distorted images of what life and body should look like. They are constantly comparing themselves to others and their lifestyles without realising that's all fake. On the other hand, the internet and social media can and do help them to find a community that supports them and makes them feel less lonely. They can relate to others, find new peers with the same interests and support each other. What's more, on the internet they can learn many important things that are overlooked by the school or parents, such as mental health education.
  41. I think this is hard to gauge. It's easy to blame social media for problems we see with young people but I don't believe it's solely to blame. For many children social media

can offer a valuable lifeline and help them feel connected to others. I think it is the job of parents and schools, however, to restrict the use of social media for children and ensure they have time away from it. I think we also need to role model this as adults and demonstrate how there is more to life than being online.

42. Social media can be a positive influence in the lives of young people, but can also have a negative impact - particularly where young people are drawn to inappropriate content, or where they spend too much time on line and do not have healthy, face to face relationships. Schools have a role to play in educating young people on the pitfalls of social media use and the importance of safeguarding their mental health, and so do families.
43. The use of social media can have a positive impact for children and young /people adults as it gives them a platform to socialise. This is important if they live in a rural location where they do not have opportunity to mix with other people their age. However, I feel the negative impact outweighs this. There is always an element of competition between individuals in these different age groups but this is intensified on social media. Individuals are under pressure to 'keep up' with everyone else (what they are doing, what they are wearing, playing, going) The result of these pressures is the damage to mental health of individuals in these age groups. Talking to people in person you get to read their body language and facial expressions which is vital to being able to understand the situation. Over social media, these individuals are not supported and can incorrectly misread situations which can lead to embarrassment or damage to self esteem. Social media xx provides a platform for some individuals to be 'fake' and for others to believe who they are and what they do is real. This can lead to individuals making the wrong choices and having to live with the consequences. Once again, having a negative impact on mental health.
44. Very much so. Mistakes are highlighted, shared and stored forever more. It is addictive which can have a hugely negative impact on children who are not mature enough to understand how it affects them. It negatively impacts their social skills when they are tied to their phone. They can access anything at any time.
45. Social media presents unrealistic, filtered images and information which young people often take as real situations. It gives them unrealistic expectations and ideals of what they ought to do/be/like. And if a young person has low confidence or self esteem, these posts can be the triggers which case them to spiral down in their mental health.
46. To a great extent. Even as an adult I feel very vulnerable to social networks and doomscrolling. Children being even more vulnerable could potentially be exposed to very harmful content or even worse, interactions both with the peers and adults. Social networks allow for bullying to go unchecked and can have severe consequences.
47. Social media use has an exponential negative effect.
48. I think people can get obsessed with how one looks, compare themselves with the others, lose the contact with the rest of the people
49. It has a negative influence on them and their society.
50. I think it is extremely detrimental especially without any support from parents or schools. Not only does it physically effect them, for example, many children are staying up late because they don't want to be left out and feel out of social circles or

have that fear of missing out as many messages and chats happen late into the night. There are also horrible things being said about people and language being used which the children witness, even if it's not about them. If it is about them, It causes extreme anxiety and doesn't allow children to have a safe place as it's constant. It's a scary thing. Children are very naive and believing and get a really skewed view of what the world is and how it works on social media.

51. Social media limits direct contact with peers and encourages constant comparison online, which often leads to low self-esteem, anxiety, and depression
52. In terms of positive aspects, I think it will improve social connection as it is much easier to connect with friends and other people and information is shared much easier. In terms of negative aspects, it can lead to bullying, specifically cyberbullying, they may also develop unhealthy relationships with other people and only know how to communicate online. They may also get to access material online that are not appropriate for their age and contents that are not intended for children, young people and young adults.
53. To a huge extent
54. Has massive impact on young people's mental and physical health. Online bullying - students can be reached 24/7 by those meaning to cause them harm. Peer pressure/ rumours lack of sleep / focus Vulnerable to grooming self esteem body image addictive behaviour, lack of exercise and being outdoors
55. Very negatively
56. Social media by young adults and children is detrimental to their mental health - they create a false view of the world
57. A lot body image, relationships, mental health are all portrayed for good and bad on social media and are reflected in how young people see themselves.
58. I think that it can have a large impact but both in positive and negative ways. There are certainly issues, especially for teens, around body image and looking perfect. Many of them do not realise how much editing software is used for professional content. it makes them more aware of mental illness and neurodivergent conditions. This can be helpful for those who realise they need some help or diagnosis but not so good for those who can get obsessed with it and read too much into the different conditions when they are just dealing with normal life stuff. It can provide a good community for those who are more isolated at school and find it hard to make friends.
59. I strongly believe that social media has a detrimental impact on children's mental health as it creates false perceptions of body image that coerces and influences children to follow 'influencers' opinions and social trends. Social media has also led to a huge spike in online bullying as a result of online spats between children. We have also seen a significant increase in the number of indecent images of children being distributed and issues associated with online grooming.
60. To a significant extent
61. I think it has a huge impact on their mental health, their relationships with others, their ability to focus and their opinion of themselves. I regularly see children who are suffering because of arguments, unkindness, threats and the spread of rumour via social media. There are awful and damaging things that children say which they probably wouldn't if it were face-to-face. Relationships and friendships fall apart, not to mention that children are becoming more isolated due to the amount of time they

spend on social media rather than spending time with each other. I believe that the amount of time on platforms such as [list of social media] is damaging to their ability to concentrate. Their attention is continually bombarded with ever changing content and they find it increasingly difficult to focus for any length of time. Lastly children are now used to seeing a 'fake' normal, airbrushed images, other people's 'perfect' lives and as a result they have a twisted view of what is a normal body and poor body image. I seriously worry for society as our children navigate an ever-changing world with their faces buried in their phones.

62. In my opinion, children's minds are plagiarized and influenced in their behaviors and attitudes, but I don't think we can talk about damaged mental health.
63. If children are able to access these platforms they can have a great influence on their mental health
64. Social media has had a very negative impact on the impact of young people's mental health. I am often finding that students are getting involved in incidents on social media that spill over into school time and affect the amount of time spent on learning. Students are negatively comparing themselves to influencers and trying to live up to an impossible ideal created by editing. Seeing people constantly post snippets of their lives makes them feel boring or left out. I really worry for the long term impact and how it will affect social interactions.
65. With social media there can be advantages and disadvantages. For example, an advantage of social media is that it can keep children, young people and young adults connected to one another and they can feel part of a wider community. Once young people leave school, it's an opportunity to keep in contact with their family and friends which may increase their mental health as they have people to communicate with and talk to. However, there are also many disadvantages which include cyberbullying and pretending to be someone who they are not in order to receive likes and satisfaction. In addition, many young people spend a lot of their time on social media which can affect their communication with people in real life or affect their sleep patterns which can have a detrimental effect on their mental health.
66. It's had a massive effect - young people often have completely unrealistic views on everything from career choices to their own personality (hair, clothes etc).... Many young people only communicate through socials and often lose confidence and soft skills when talking 'in real life'. Also, many young people have misconceptions on attitudes about various things as often, opinions or differences of opinions can often be misunderstood when just in a txt or meme etc. So as good as social media can be in some cases, I think it's had a massive impact on young people and their understanding about the world in general.
67. Young people are very much influenced by trying to fit in and be accepted by others. Social media gives them a false expectation of what "real" people look like and places enormous pressures on them to live an "[named social media] worthy" life. This is a totally unsustainable pressure and leads to young people suffering from anxiety and extremely high stress levels
68. I believe that the extensive use of social media is causing significant problems for young people and can contribute to declining mental health. Incidents related to safeguarding in the autumn term have now doubled compared to two years ago.
69. It completely has an effect on the mental health

70. This is a very open question! I think social media use has the potential to have a vast impact on young peoples mental health. The main issue (among many) is the need to always be 'on' and contactable. There is no switching off from it, there is an expectation of a response or a 'like' and a judgement if that isn't received. The difficulty of paying that much attention to individuals on a global scale is not what we're designed for. It is draining on an emotional and psychological level. That's before we even get on to the subject of expectations!
71. Social media can be a lot of fun and enhance social realationships. It can also have a negative effect on Kent health setting up unrealistic aspirations and goals and can also allow bullying to enter the home where people would have previously got a break.
72. It significantly shapes the way they interpret the information they encounter, potentially intensifying their emotional responses and, in turn, affecting their long-term mental well-being. If they are exposed to a community that conditions their thinking, this influence can have lasting effects on their mental health.
73. Social media use can positively connect people. However, I suspect the vast majority of social media use is detrimental because it facilitates unreasonable comparisons with versions of people that are not realistically attainable on a daily basis. Everyday negative experiences are hidden; meanwhile, the most tragic ones are given lots of attention.
74. I have experience of working with primary school aged pupils for over 10 years and a few years experience working with teenagers at risk of being permanently excluded from school. I can say that I have noticed a negative impact on the children's mental health as a result of social media usage. At the ages I teach, the children are not supposed to have accounts and therefore feel left out when some parents opt to ignore the recommended age by allowing their children to have accounts. Aside from the fear of missing out, there have been incidents of cyber bullying which has boiled over into school and children making and sending indecent images to one another. The stresses of remaining relevant and what they think is cool, has left many needing support from mentors and even children's mental health services to combat what could be described as depression. I have also been privy to fights being arranged via social media and threats being issued via social media. Unfortunately on one occasion this went on to lead to the death of a pupil in a local school. Another detrimental factor to social media on young children is that they are often exposed to adult content that has not been flagged up as inappropriate. In young adults the pressure of trying to appear a certain way has meant that young people want to alter their appearance using filters or even through surgery. Social media has been a fantastic way for young people to embark on an upward trajectory to entrepreneuership through influencing. However it can become addictive and have a negative impact on allowing people to develop social skills in real life.
75. I think it puts enormous pressure on young people; they get a very warped view of what is normal, and how amazing some people's lives are. It also makes it easier for untoward activities to slip under the net, so bullying, grooming etc which can lead to or exacerbate mental health issues.
76. To a very large extent. Not only do they have access to images and reels that are not age-appropriate, but also see unrealistic images of what a body should look like. This



- leads to problems with self-esteem. I also see a level of addiction to using social media which means they become isolated and neglect more healthy interests.
77. In young people it provides idealised images and lifestyle especially for girls, hair, make up, body image, love life, clothes. This causes anxiety when they realise they cannot achieve these things at such a young age.
  78. I believe that social media use greatly affects mental health, especially in teenagers. It can impact their self-esteem, disrupt their sleep, increase their anxiety, or even lead them to depression.
  79. It has a huge influence and it is mostly negative. The increase of likes, comments and followers results in a dopamine hit and when they are not coming mental health has a huge hit.
  80. To a great extent - it seems to be the main influencing factor in young people's lives today. Its impact reaches every aspect of their lives that they allow it to - and they do not have the maturity or social awareness to avoid it, even when it is clearly harmful.
  81. Younger children, typically up to the age of 8, don't appear to show much interest in social media. However, some as young as 10 or 11 do engage with social media platforms, despite the age restrictions typically set at 14 or 15. While I haven't currently worked with this age group, I have in the past. It's noticeable that they use social media quite frequently, and this usage has sometimes led to problems that can adversely affect their mental health. Such issues often involve conflicts between friends and the posting of contentious content on social media.
  82. It can have a very negative effect as it sets unrealistic lifestyle expectations and encourages procrastination.
  83. I feel as though it affects them negatively. It puts pressure on them to perform. It is poorly monitored by the companies and allows for online bullying which is poor.
  84. to a great extent. it usually impacts them negatively
  85. It is a key factor, having both a positive and negative influence on mental health.
  86. Social media use impacts people generally in so many ways with significant influence in shaping their worldview, ideology, and biases. It also impacts their development, ability to focus, time management, and the amount of time they allocate to activities other than their phones. Considering the rather impressionable nature of young people, it could also influence their behaviours, especially with reports of social contagion and copying of trends and things they experience on social media. It could also have positive influence when used the right way to give them a broader worldview, learn about new things, interact with people and broaden their social network to learn more about new places and things.
  87. It can be both a positive and negative influence dependant on how vulnerable the person using it is.
  88. The answer is 'rarely positively', but can be anywhere from 'minimal effect' to 'catastrophically'
  89. I think that social media affects their mental health to a detrimental degree. As they cannot escape it their whole lives are now lived online it is made addictive so that it keeps them wanting to stay connected and not miss out but they have not necessarily developed their critical thinking of what is being sold to them.
  90. In younger people it has a major adverse affect in terms of attention span. Pupils who read books for entertainment have a much longer attention span than those who doom

scroll through [social media] or whatever. Also, the unpoliced comments on so many platforms allows for toxic viewpoints to be aired which has a horrifically negative effect on many people young and old.

91. It encourages them to try and be like the people they see on sites like [named social media], and then they get depressed and anxious when they cant be. It has also allowed for an increase in cyber bullying which makes young people depressed, scared and anxious. I also feel that it has made them more inclusive and reluctant to go out and speak to people face to face which is detrimental to their mental and physical health.
92. I think there is increasing pressure on young people to engage and compete on social media which has a negative influence on their mental health.
93. I feel social media has a negative impact on young peoples mental health. the influence social media and 'influencers have on young people is scary. extreme examples being the numerous deaths and injuries to young people copying/imitating things they have seen on social media. Even something like Prime drinks, children becoming completely obsessed asking parents to pay out silly money due to the worry they will feel out of the group if they dont have the new flavour
94. This is a major factor. From my experience working with students with SEMHD, there is a direct correlation to use of social media. This includes finding out about self-harm, suicidal idelation, eating disorders.
95. I think it can have a positive effect, allowing them to connect with a wider world of people who share similar interests and concerns. However, it can also have a negative effect if they find themselves exposed to dangerous elements.
96. It affects them massively and in a negative way. On one hand they're constantly checking messages and updates which has a very negative effect on their attention span and mental health. But also they're very focused on what other people say and these comments affect them a lot. Also they're exposed to negative influences
97. Completely.
98. Extensively - always comparing themselves.Easily influenced by others who may not be as they seem. Faceless bullying. Fear of missing out and seeing an glamourised version of reality
99. I can make people feel inadequate in comparison to others and low self confidence
100. It creates unrealistic expectations of reality and role models. It facilitates bullying.
101. It impacts their mental health negatively as they are constantly trying to keep up appearances with others. They prefer to try to keep up with others over enjoying their own lives and are constantly doing things for show.
102. It's harmful - it has a negative impact for the most part. The kind of language used in interactions is awful sometimes, and the misinformation they get from TikTok in particular is dreadful.
103. It has a detrimental impact on child young people and young adults mental health. Body image is at an all time low.
104. To a large extent, social media plays a significant role in the lives of children today, influencing various aspects of their development and well-being
105. I think that social media is having a large impact on the mental health of young people.

106. It has a huge negative impact on mental health, especially in their ability and desire to communicate face-to-face with people.
107. Extremely so. I think it gives a hyperreal impression of life that over exaggerates and reinforces extreme positions.
108. Social media provides a platform for young people to connect, communicate, and learn from peers in their age group. It serves as a source of entertainment during dull moments and a distraction during challenging times. Some use it as an alternative to self-harm or as a means to manage difficult emotions, while others seek inspiration from social influencers. Additionally, young individuals employ social media for personal business ventures, showcasing their talents, and creating virtual identities for self-exploration. However, there are negative aspects to consider. An excessive reliance on social media as a coping mechanism can result in isolation from physical support networks. Some young people may avoid face-to-face communication and struggle to filter out negative content, which can adversely affect their mental well-being. It is crucial to promote healthy coping strategies and encourage mindful usage of social media to support the mental health of young individuals.
109. In my opinion, social media use has a strong influence on behaviour and mental health in all the indicated ages. It affects the development of their capabilities, and I see evident negative effects on their emotional regulation.
110. I think social media has a great influence on their mental health. They are constantly bombarded by other people's opinions and thoughts on themselves, their race, their sexual orientation, body image etc. There is no switching off from this. They can also easily become obsessed with things on social media and spend hours watching content relating to one specific thing which tends to impact their mental health.
111. It influences their mental health a lot, seeing designer things, things their parents cannot afford, being bullied online, influenced to look a certain way or act a certain way influences their mental health and well-being.
112. Social media algorithms work to show people related content, which can lead a person to be inundated with content that focusses on a specific theme, which can be negative and detrimental to them.
113. Depends on amount and type of use. If monitored by an adult this is acceptable and helps prevent cyber bullying and grooming
114. In my opinion, social media use in young people and young adults has a mostly negative effect on their mental health. Starting in their teenage years young people greatly focus on fitting in, something that is highly monitored and scrutinized due to social media. They are being constantly bombarded by large amounts of highly unattainable images of how they should be, how they should act, what they should do, sometimes produced by people close to their age, that feel close to them. Spending many hours per day on social media (and not being able to do otherwise) detracts from them taking care of their physical health, sleeping, eating, and exercising, which in turn leads to poorer mental health. They are also clearly unable to focus for a certain amount of time without checking their messages or social media.
115. It is a significant and largely negative driving force in their mental health

116. I think it has a strong detrimental influence on mental health. For instance, i think it prmotoes a feeling of low self worth, a feeling of loneliness and a lack of communication and tone that can often be misinterpreted online.
117. I think social media plays a huge part on mental health. With bullying, hate, scams. Also self confidence looking at other people's posts or videos that have been uploaded
118. We see social media as a both a lifeline and a negative influence on young people's mental health within our care. It is how they stay connected to their peers and in our context of being a full boarding school it has eased communication with family and friends who may live the other side of the World. They use social media to manage the urge to harm themselves through apps or social media profiles that have been created by experts who have developed preventative help in a way that young people are far more likely to access. On the other hand social media also has a negative influence on the mental health of the young people we look after. They are addicted to these apps and sites that have been designed to attract their attention and are powerful enough to cut them off from 'real interactions'. Friendships and communication has rapidly changed with young people as these sites grow in popularity and abundance. Long gone are the days of entering a noisy classroom if you are a few minutes late to a lesson, one in which they are having fun and talking to one another. Instead you enter a classroom of pupils all sat on a phone or laptop scrolling through their phones. They talk about pressure these apps make them feel to look or think a certain way and I have found that all recommended teaching methods fail in helping them to use these sites with caution and moderated use. The only thing that I have found that works is to also teach about teenage brain development alongside teaching about how technology and social media affects an individual. It is hard and wrong to say that social media use is purely detrimental to the mental health of young people as I have seen some individuals benefit and find their communities or tribes when they feel isolated in 'their real worlds' and this has fostered healthy connection for them. However, yes it does have a negative influence on the majority and I would call for reform and change to happen.
119. To a great extent. It interrupts sleep patterns, prevents young people from differentiating between contexts and achieving space from school/peer contexts, and it provides unrealistic pressures of what counts as appropriate ways of being.
120. It has a big impact as everything they see online may look perfect which is not always the case and it can make them feel inferior which impacts their mental health
121. Children and young people often create a persona on social media which does not accurately represent their actual character, views and values. This then creates a discord that is hard to maintain.
122. I think the constant ever present nature of social media and contact with others is the damaging part of social media. Pre social media/smart phones/tablets children and young people were much easier allowed to switch off from others and now they lack the ability to care for themselves and take time to be alone. So they then feel more removed from others and have more difficulties effecting self worth and resilience.
123. It has an effect on sleep as they are on social media late at night, therefore do not get chance to switch off and relax. Self esteem is affected when they see images

- that have been filtered to look 'perfect'. The increase of fake news, fake statements, fake images and fake profiles makes people unsure of what and who to trust anymore.
124. It worsens their mental health because they are constantly competing and comparing themselves to others. They also become dependent on virtual false affirmations like likes on posts etc and they begin to withdraw more from real life social settings.
  125. It exposes them to opinions and information beyond their age which confuses them so that they struggle to know their place in the world and their own identities.
  126. I think it can be easy to try to live your life by the standards set on social media, and devalue them to be real.
  127. I'm a teacher and on several panels in Glasgow Scotland...our studies have found that in general it affects their mental health badly ...particularly [named social media] ...I can send u more info if needed I have particula pupils in my school who have developed eating disorders and through pastoral care it would seem bullying on [named social media] started this illness
  128. Unfortunately, I think that social media has a huge influence on both the mental health and behaviour of young people. I think that influencers give them unrealistic expectations for both their bodies and lifestyles, and encourages a very materialistic view of life. I also think that a focus on social media makes them live their lives for the approval of others, so when they go and experience real life they can't enjoy it fully because they are trying to show off to others. I also think social media encourages judgement of others which can depress and isolate young people, leading to insecurity and cyber bullying. I think social media can have a positive influence on the mental health of marginalised young people to help them feel less alone. For example, a transgender young person might meet others online who will make them realise they aren't alone. However, this can also have a negative effect if these people are the wrong kind of influence or pose a threat to the vulnerable young person. I think social media needs to be monitored for young people to help them from struggling with the mental health effects.
  129. It entirely depends on the way in which they use it, their underlying personality and the extent to which they have controls over it. For some, it can be beneficial, providing a stress release from the pressures of work and giving a welcome distraction from other things that are going on. It can also be a good motivator eg for pupils wanting to improve their sporting ability or fitness as they can follow role models and gain insights into how to improve performance. On the other hand, with more vulnerable and susceptible pupils, it can lead to comparisons that become unhealthy and a worsening of their mental health and wellbeing - leading to a reduction in self-esteem. Ultimately, I think that your innate personality, confidence and outlook on life is a big determinant of how you use it and how it influences you. Is it a tool that you use or does it become a control that you succumb to.
  130. I'd say social media has a massive effect on mental health in young people. It massively emphasises insecurities and intensifies bad feelings, particularly among children with the most issues. Sites tailor their algorithms to make kids as addicted as possible, it works and the negative effects of that are massive
  131. I would say that it influences their mental health quite substantially, and in a negative way at that.

132. Heavily. It sways their judgement about issues and can be a breeding ground for bullying. It definitely can make individuals feel falsely good or bad about themselves. Everything is intensified good or bad at a time of turbulence (adolescence) when peer pressure and image are higher on the list of concerns
133. It has a great negative impact on children's mental health. They are constantly shown unnatural fake images which they constantly compare themselves to.
134. It has a huge impact on their mental health, partly in comparing themselves to unrealistic expectations they see on there. It also creates numerous opportunities for online bullying, grooming etc which can have a disastrous impact for years to come.
135. I think it has a massive influence in their mental health. It impacts the way they conduct their friendships and more importantly it makes friendships and influence intrude into time when they need to be themselves and contact with real people or sleep. It also has influence over their perceptions of people, particularly body image.
136. It effects them massively, obsession with phones social media, online threats, cyberbullying, putting students at risk from online predators. Phones are sometimes an escape but texting, messaging apps means theres no escape
137. A lot. I think it has a lot to do pressure and how young people think they should be and how they should live their lives.
138. I think for some it can greatly affect their mental health as some are on devices late into the small hours of the morning and therefore do not get enough sleep.
139. Massively! Children and young people are not able to manage their time and cannot escape from social media. It is also very difficult to monitor what they are being exposed to.
140. The main effect seems to be the difficulty for them coping with the avalanche of messages that most of them receive, the pressure they feel about responding to many of those messages and their inability to be able to separate "fact from fiction" in those messages.
141. Very much so. Pupils are heavily influenced by what they see and hear online 24/7.
142. To a significant extent. even before considering content, I have noticed an increase in pupil fatigue arising from a lack of sufficient sleep which some confess to being the result of late night gaming or screentime. Exposure/easy access to harmful content, whether relating to body image or conspiracy/extreme views, can only have a detrimental on pupil's mental wellbeing and general outlook.
143. It has both positive and negative effects on their mental health. At least by using social media they are socially active and interacting to other people. Too much use of social media is not only the waste of time but also it is addictive.
144. It adds extra pressure for them to look, act and behave like other people rather than focus on becoming the best person they can be. This pressure can result in low self-esteem and poor mental health which has all sorts of impacts in their daily lives.
145. Excessive social medial use can have a profoundly negative effect on anyone's mental health, regardless of age. Younger people are particularly vulnerable to being presented with unrealistic representations of appearance. Younger males are also increasingly being radicalised by misogynistic influencers.

146. Greatly. It portrays an unrealistic view of the world and makes them feel inferior. It can also be used as a means to bullying. However, it can also make them feel more connected to other people, which is a good thing.
147. In my opinion, social media has a huge impact on young people and young adults as its a stage of their life where they can be influenced very easily. They haven't develop their minds fully and they have little experience in the world. They are more vulnerable.
148. I think having to live up to the expectations portrayed by social media is very damaging. Feeling that you aren't good enough, that your life isn't exciting enough or your skin not perfect leads to lots of issues amongst the young people I work with. Also influencers can share very negative messages on society and portray this as being 'normal'
149. Using social media can impact kids' mental health in various ways. Cyberbullying is a concern, leading to negative emotions. Constant comparison on social platforms may lower self-esteem. Excessive use can create addiction-like behavior, affecting sleep and contributing to stress. However, social media also provides connection and creativity. As a mom and teacher, staying involved and teaching digital literacy are key. Collaborating with others helps create a balanced approach to supporting mental health in the digital age.
150. Massively. Problems/issues/bullying is taken home and students can't escape. Issues that should be private are made public and more and more people find out other people's business. It also is addictive and often influences pupils negatively.
151. It's a mixed bag. Rather than dwell on the obvious negatives, social media does allow creativity, opportunity for self-expression, encourages people to consider how they might be regarded by others, offers social connection, opportunities to connect to new people, finding support in difficult times, finding advice, encourages the development of computer skills etc. Also, social media is a key skill nowadays (in marketing, self-promotion etc), and it is probably good that young people become skilled and knowledgeable in this area. Set against this, I think young people use social media when they should be resting or sleeping. They waste a lot of time on social media that might be better used on self-education, spending time with friends and family (and pets), and keeping themselves physically fit and mentally well.
152. I believe social media has both advantages and disadvantages. On the positive side, it can foster a sense of belonging, enable people to relate to others, provide entertainment, and offer a means of distraction. However, on the flip side, it can also contribute to negative feelings, as people may compare themselves to others' seemingly perfect lives, enhanced by filters and carefully curated content. I believe it's essential to promote awareness and education to help individuals navigate the potential pitfalls of social media.
153. Social Media has a very negative effect on the mental health of young people. It can influence their self esteem and confidence by comparing themselves to others or by providing a platform for negative/hurtful comments.
154. It can negatively affect them as people use it as a tool to demean and bully them
155. I think using social media for children, young people and adults will affect their mental health negatively. This is because there are so many wrong messages that

is on there. People only post things that are positive and they are showing off, so it makes young people believe that this is how they should be otherwise they are missing out. It is also addictive and pushes them to crave attention in a way that will never satisfy them.

156. I genuinely think it's really negative. For my teenagers (under 15) it seems that there are a lot of violations of language and communication that wouldn't happen face to face. And also 'normal bad' interactions are recorded forever. Plus, the possibility of sending and sharing graphic imagery.
157. a great deal. It can cause an incredible amount of pressure which can increase anxiety and depression. It shows a warped perception of reality to which young people aim to strive towards, but it is unrealistic. It also gives a platform to trolls and bullies, allowing people to really say some nasty, horrible things that can have a massively detrimental affect on their mental health and wellbeing.
158. It affects them in so many ways per pressure and bullying seeing age inappropriate images and texts.
159. There can be some benefits, like when they see people similar to them in terms of race or attitudes. The only negatives are time spent on various apps and giving unrealistic body types or ridiculous money making schemes.
160. In my professional opinion it affects their mental health a lot. I often hear from my students that they compare themselves to people they see on social media. Some of them get inspired by the people they see, but more often than not they get discouraged because they say that they are not going to be able to be like the people they follow. For example, they start to sing because they are impressed by someone they see, but they give up quickly because they are not able to see the results of their practice as soon as they would like to and they move on to something else.
161. I think it dramatically influences their mental health, in both positive and negative ways depending on the use. If a child, young person or young adult uses social media to connect with friends, family or even strangers around the world in positive ways, then I would say that has a positive influence on their mental health (limiting loneliness, isolation etc). If they use social media to bully, intimidate, follow unhealthy or negative accounts, then it can have a negative influence (increase in self-harm, self-neglect, doubt).
162. I think it depends on the individuals and the people they have around them. It seems like some young people are being 'taught' how to use social media carefully and responsibly by their parents or older siblings - they seem well aware that what you see online is often not the real deal, and in those cases I think they use social media in a way that can actually benefit their mental health. They use it to share supportive posts and information, and I've even seen some of the older students being able to pick up on the fact that a friend is obviously struggling due to differences in what or how they are posting online. I think the risk is with young people whose parents are more caught up in social media usage themselves, and aren't teaching their kids to distinguish between what is real and natural and what is fake/staged/exaggerated. You can see these youngsters, especially girls, comparing themselves to and aspiring to what they see on [named social media] etc, and having totally unrealistic beliefs and expectations, which can be debilitating to their self-esteem and their mental health.



163. I think it possibly makes them more self conscious about their appearance. On the positive side, they can stay connected with current friends and make new friends.
164. Significantly. They are having to compare themselves to fake ideals. They can never escape from it. There is a lot of pressure to be an ideal.
165. It is negative because children, young people and young adults do not interact with the real world and focus on improving themselves. They are addicted to the instant gratification and constant desire to obtain more from life, seen through social media but are so far away from the motivation to succeed.
166. The algorithms in social media are quite problematic for people of all ages. In general, social media contributes to a lack of concentration and a shortening of the attention span in people, possibly leading to ADHD. There is also an unhealthy relationship with one's own public image and how one shows oneself to others, since social media promotes showing off to others and being too open about one's private life. The younger the person is exposed to social media, the stronger the consequences on their mental health.
167. To a fairly large extent as they all seem to use it on a regular basis and are therefore susceptible to a wide range of views which may not be moral or appropriate.
168. Very much so. It limits their interaction with people. This is so important. Also issue get blown out of proportion on social media site.
169. In today's age it impacts quite a lot as there is pressure to conform to certain 'accepted' standards. For example, body image where images can be edited which lead young people to believe they need to look like the influencers/celebrities they follow. There is also the element of bullying which can impact one's mental health.
170. Social media use among these age groups has an intense influence on their mental health. In general, kids, particularly younger ones, have a deep need to belong socially, and being able to conform to group ideals - or not being able to - can profoundly affect a social media user's self image, which in turn is inextricably linked with mental health. Social media can intensify the formation of both in-groups and out-groups, and children and adolescents who find themselves in the latter in particular are especially vulnerable to negative mental health effects from cyberbullying and lack of self esteem.
171. I think that there is a lot reported in the media to suggest that social media has a negative impact on children's mental health. I have seen occasions where this is true and offline negative behaviour extends into the online world. However, I have also seen some fantastic benefits. Friends who have moved away can still communicate with each other, support for peers when they are having a difficult time at home. Entrepreneurial children using channels to start businesses. Creative use of YouTube channels to showcase musical talent or gaming prowess. In these cases where children are not necessarily prominent in the offline world they take on a new confident role online.
172. It has a bad effect. It puts pressure on them. It increases the pressure on them to keep up with their friends.
173. It plays some part in leading to a young person's having poor mental health but all students can access the same social media and not all students have poor mental health so there must be a lot of other factors.

174. On a very superficial level it is distracting but it has a very worrying effect on mental health. The bullying that occurs on social media permeates all aspects of a child's life so that they can't switch off from it and so it can destroy mental health
175. The use, and overuse, of social media is strongly negatively impacting the mental health of young people. I am becoming increasingly concerned for the mental welfare of the current school population unless something is done to regulate this industry. I do not think the risks of social media are currently understood by the parents of the children using social media and this 'blissful ignorance' is adding to the risk.
176. It causes them to have a limited attention span and can cause them to become dependent on the opinions of their online friends. They become stressed easily when thinking about social media and are distracted from their studies.
177. I think it is a ticking time bomb of young people looking at unrealistic and unobtainable goals that they feel they are less important than and less valuable because of this deficit. Social media is unregulated and a way for the individual to feel isolated and alone even when surrounded by peers!
178. Social media can have the effect of making them feel inadequate, yet it can also open up new worlds, alleviate loneliness, and bring enjoyment. I believe they don't anticipate a future where their personal experiences might be exploited or commodified; they remain rather innocent in this regard.
179. I think it makes people feel lonely and that they need to compare themselves to others
180. Social media has a significant impact on young people's mental health, both negatively and positively. It can expose them to harmful influence but can also be a space where they find support from people who feel the same way they do.
181. It can have a negative impact on their mental health and over time their physical health as well.
182. They seem to imbue social media with far too much power, allowing their lives and feelings of self worth to be overly influenced by the likes or ignoring of others instead of focusing on what is real and concrete in their daily lives. This clearly puts strain on fragile mental health
183. It has a massive impact on young people in lots of areas but their mental health is probably the biggest. I believe it is hard to underestimate how big of an impact it has. I do believe it has some positive impacts, for example, isolated children and young adults finding likeminded people or more niche groups. However, I think most of other impacts are very negative sadly.
184. Hugely- self awareness , rumors being spread creating anxiety, bullying that adults may not be aware of and pupils holding that themselves
185. Social media use has a mixed impact on the children and young adults I work with. Sometimes it can be a healthy source of connection, allowing them to keep in touch with their friends and stay involved with things they find interesting. But more often it seems to contribute to feelings of anxiety, self-consciousness, and depression.
186. It can be used both in negative and positive ways to influence their mental health. Particular concerns that the term 'mental health' is almost associated as an accepted reason for non-attendance and engagement with young people in schools and colleges so much so that parents who may have little or no knowledge of the level of

mental health need and diagnosis are claiming this is the reason for student absence. Increasingly there are fewer resources for students and young people to go to, for e.g. MIND has now closed many of its offices both locally and nationally which was always viewed as strategic supports.

187. I believe it has huge bearings on their mental health. We are seeing more evidence of peer pressure, unrealistic body expectations/dysmorphia, bullying and anxiety as a result of social media. Students have no 'switch off' time and live a great proportion of their lives through social media. A lot of students base their identity off their 'profiles' and 'likes'- which is a shame as they often see it as a measure of their 'worth'.
188. Social media has a massive influence on them. Children and young people are far more conscious of their appearance now and as a result are wearing make up much more younger (females) or are spending time in the gym building muscles (males) compared to 20 years ago. They also have to have access to their phones at all times and can't leave a snap unanswered or unopened for fear of missing out. Even when they should be focused on their learning. Adults are almost as bad with this but we do at least manage to stay off our phones when at work and when we are supposed to be focused on our jobs.
189. Puts too much pressure on them to act and look a certain way. Can provide access to unsuitable content that harms mental health.
190. I think social media is to blame for poor mental health . Too much pressure on what to look like and how to be.
191. Lots as they feel they have to meet expectations of others or celebrities which isn't ever possible as its not real life
192. Social media negatively impacts young people's mental health as it encourages poor sleep patterns and a lack of focus on other, healthier hobbies. It also causes young people to compare themselves to others therefore impacting their self esteem and perception of self.
193. For some, social media is a positive tool to help children develop and grow. However, it can also affect young peoples' emotional and mental health. iT can have a negative impact on physical well being which in turn can affect mental health. This is particularly relevant when it comes to sleep issues. Risk of being cyberbullied which has been linked to serious depression and even suicidal behaviour in extreme cases.
194. It feeds into negative thoughts regarding their self, including self-worth & body-image by creating an unrealistic portrayal of other people. I think this leads to a cycle of comparison which is enlarged compared to real life, where this may only happen with a select number of people they know, friends etc, whereas they are looking at a large number of people and the sheer amount is overwhelming.
195. I think it adversely affects their mental health , depending on their vulnerabilities, maturity, extent of usage and peer pressure.
196. These type of people are influenced by social media perceptions of how to live a perfect live which many young people do not have and the influencers may not actually have either. These types of people believe everything on social media and possibly spend far too much time online than being with friends and living their lives. Social media gives a disjointed impression of the world to many a young person.

197. It influences their concentration span and can be contributing factor to them being unfocused in class potential.
198. I think it negatively influences their self-esteem, and causes them to compare themselves with others to an unhealthy degree. It can case them to lose perspective on what is important in real life.
199. It can introduce them to ideas and concepts for which they may not be prepared. Additionally, it can contribute to instances of online bullying.
200. In my experience a quarter are affected negatively (the more sensitive type of person) and another quarter are affected but not to such an extent. The other half are not really affected one way or another by social media.
201. Make children want everything, be less social and stay more at home. Everything combined makes them have a poor mental health.
202. I'm not fond of the term "mental health," but I do believe it impacts their attention span and contributes to anxiety.
203. i definitely think it has a negative impact on many age groups mental health. Not only is it addictive and encourages sedentary behaviour, it also leads to a lot of comparison amongst society, and feelings of have an inferior lifestyle. It can also lead to bullying.
204. In my professional opinion social media has a significant influence on their mental health as it is extremely difficult to get away from social media.
205. very much and it is bad influence.
206. To a great extent. I know off hand from a friend's children that they are heightened after the initial calmness of them playing. When it is taken away they cannot cope!
207. A lot. It degrades perceptions of reality and causes depression.
208. Social media overall has a negative impact of the mental health of young people, children and adults It sets an unrealistic expectation on what is required to be happy
209. I think it has a very negative effect on their mental health for a number of reasons: 1. Using social media late into the night affects young people's sleep patterns and quality and poor sleep leads to worsened mental health 2. Social media use distracts young people from other hobbies that may be beneficial to their mental health e.g. sport and exercise, art, music, reading 3. Social media encourages comparison which may impact young people's perceptions of their own lives negatively 4. Social media is a place where trolling and cyber bullying can easily take place which can negatively impact mental health
210. I think it can have a negative impact on people mental health seeing lots of people looking a certain way but I believe it comes down to who you follow and look at and finding the right balance to make sure you see thing that make you happy and keep yourself mentally well
211. Social media use can have a detrimental effect on mental health particularly amongst more vulnerable users. There is a constant pressure to conform to an image, to an unrealisitic physical profile and anyone who falls short can feel a failure. Normal disagreements between people can escalate into full blown nasty wars with many others, often anonymous bystanders joining in. Anonymity is a huge issue as for many people, they will say things that they would never say face to face.

212. It often has a negative impact, including issues like cyberbullying, online trolling, constant comparisons to seemingly "perfect" online personas, and a noticeable lack of positivity, at least in my view. These young individuals are typically ill-equipped to handle the negativity they encounter, and ideally, they shouldn't be exposed to it in the first place.
213. Hugely by distorting the truth and presenting a very one-sided glossy view point. It is unobtainable.
214. It has a huge impact on their mental health whether that be good or bad mental health. It is all encompassing for most of them and it is a way of life. They have never It has a greater impact on them than the 'real world'.
215. To a great extent. The content they consume informs their worldview to a large extent, and the more time spent on phones has negative effects.
216. It makes people more self conscious of their appearance, their income, their lifestyle, their social status and even skills. I think it has a largely negative impact on mental health and has made people increasingly critical of themselves and others.
217. Massively. It doesn't give them the chance to switch off socially and decompress. It also exposes them to harmful material
218. Massively. Young people don't use social media for anything constructive or productive. Use of social media can lead to cyber bullying, exposing of oneself to an internet audience and can severely damage young peoples' mental health.
219. It has a very deleterious effect on anyone using social media. It promotes solipsism and erodes people's ability to concentrate.
220. There are positive and negative influences of use of social media on children. Social media presents the opportunity for children to connect to a wide range of people from all across the world which would not ordinarily be available to them. There is the opportunity to learn from a wide range of people and such vast connections could be positive for their mental health. On the flip side, children's social media use presents some threats and dangers to their mental health. Reliance only on social media connections would mean that children loose the ability to engage socially in the real world. This could lead to anxiety in social situations. The incidence of online bullying also means that vulnerable children are at risk of major mental health issues if they are targeted.
221. Greatly. The instability of relationships online is detrimental, the immediate gratification is unhelpful in mental development, and the search for likes is damaging
222. I think it increases their access and exposure to negative stimuli (bullying, hurtful images, rumours) and decreases their engagement with the world. I think it effects their mental health negatively.
223. people who are quite impressionable, which covers most of these groups, can be easily drawn in to thinking certain ways - or even feeling worse about themselves because of the apparent perfect lives of others (in comparison with theirs) It can be dangerous. It can also be dangerous because they can communicate things with people of their own age, when they are too young to really know what they mean or the consequences of them
224. I think that social media can have a negative impact on this demographic's mental health. I think it can cause mild to moderate feelings of worry, nervousness, upset, low self-esteem and stress. However, I do not believe that social media is the

cause of more severe mental illness, such as anxiety disorders, OCD, PTSD, Depression etc. I think that these are down to a change in hormones and/or brain chemistry. Social media can also have a positive impact on mental health, depending on how it is used. It can be used to communicate, socialise, research and obtain support at the touch of a button.

225. I think it can have a serious effect on mental health. The effect of watching unsuitable or disturbing content or being bullied online amongst many other things, cannot be underestimated. It also stops young people from socialising face to face.
226. Social media use can have both a positive and negative influence on people's mental health. For those living in isolated areas it can be a great way of keeping in touch with friends and family, which would have a positive impact. However, it is easy for young people to be exposed to cyber bullying, inappropriate media content and the pressure of trying to live up to the unrealistic expectations of so called influencers. All of this can negatively impact their mental health.
227. Considerably: exposure can have adverse effects on one's mental health
228. It provides an unrealistic image of what their life should be, so they feel negatively about themselves.
229. I think it is affecting a lot if it is without supervision. Especially the new trends like TikTok influence them in a bad way and causing different threats.
230. Both positively and negatively. Social media can be a source of support and knowledge but also some negative experiences
231. Used as a measure for many people and can have a negative influence
232. Hugely. They are constantly seeing unrealistic images of how people live and how happy people are. These things are not real and are impossible to live up to and damage young people's self esteem. In the class room people with the most [named social media] followers are lauded, those with the least mocked. Sometimes children are filmed or photographed in unflattering or compromising ways and this is shared and reshared over and over and can do permanent harm to children
233. To a great extent. For example, viewing unrealistic images of bodies, etc. I do believe this creates unrealistic expectations. Also, there is the political influence. [named social media] is an insidious arm of the Chinese government. We need to get rid of this.
234. anxiety, constant comparison with unrealistic standards
235. Negative comments directly aimed at individuals through their profiles has a negative effect. As does seeing others having it all, looking better. Creates an illusion not based on reality.
236. Major impact. In person interaction becomes a serious challenge when moving into adulthood.
237. I feel that social media use and mental health issues in young people are intrinsically linked. The more involved children are, the more their mental health suffers.
238. It influences them very much. There is always this need to be as good or look as good as friends. There is also the problem with children having so many 'friends' on Social Media and not really knowing most of them. There are many instances of bullying going on and children not knowing where or who to turn to to help. It can and does affect their mental health very much.

239. Children can be easily influenced and groomed online towards negative and mentally damaging behaviour. Their mental health can be impacted particularly with things like cyberbullying and predators online. Social media uses for children should be strictly monitored by adults. For teenagers (young people), who are seeking acceptance and popularity they may create personas that create pressure on them offline to maintain the 'perfect image'. This stress can affect mental health, increase likelihood of self-harm, eating disorders and a desire to get cosmetic treatments/surgery. For young adults, social media can be seen as a useful platform to make connections, but habits created when younger can mean young adults are by now addicted to social media and their mental health adversely affected.
240. In the young people I teach it seems to be the largest factor in causing mental health problems. I teach at a girls school, and social media causes body image problems, as well as causing low self esteem.
241. by what they consume, and what they see, and the influence they see through social media. this may be through videos, pictures or blogs/vlogs.
242. I believe it does have a large impact on the mental health of young people in that it detaches them from real world experiences and creates unrealistic expectations of what life should be like. I also feel that it can be isolating as some young people hide behind their phones to avoid engaging with their peers, however, it can also be a lifeline to those who are too anxious to go out - enabling them to still have contact with friends.
243. I think, post-pandemic in these first few decades of the 21st century, social media has affected the mental health of children, young people and young adults to a great extent as never seen before.
244. Hugely - both positively and often negatively. There are more discussions taking place online around the importance of mental health, and many more attempts to destigmatise issues, which is great (albeit too English-centric, I'm unsure what support is accessible in other languages). However children are exposed to too much online. There are risks of bullying, grooming, radicalisation, etc. Children can also be exposed to rhetoric which belittles the importance of mental health. All of this can be hugely damaging.
245. very negative, I don't see any positive aspects when kids use social media
246. I think it's a two edged sword. In some ways it's an online community in which all the mental health issues of an offline community exist. For good or bad. But I do think it's more pervasive and harder to walk away from. Notifications are constant. You can revisit interactions in a way that is more concrete. I think it is a big influence on children and young adults.
247. It can significantly worsen their mental health. There is a significant increase in pressure and anxiety on children and young people due to social media as they need to 'keep up' with trends and everyone else, they see photos that give an illusion but the reality can be the complete opposite. It also opens up extra risks of cyber bullying and other forms of abuse which they can't get away from.
248. Social media affects childrens, young people and young adults mental health negatively by limiting direct contact with peers and encouraging constant comparison online, which often leads to low self-esteem, anxiety, and depression. This is clearly evident across my school.

249. I think its dangerous for young children because it affects their view of reality and can lead to depression and feeling dissatisfied with life.
250. it can be all-consuming - regardless of the content. It can easily be a young person's priority. They are influenced by the content (eg wanting the latest [named social media] trends), politically influenced and believe it to be 'real'. These are impressionable minds yet typically only hear one side of an argument. Young people can also be 'empowered' by the fact it's so easy to post; bigging the poster up and potentially causing unknown mental harm to the 'victim' in the post and/or recipient of a post.
251. Social media has the potential to be used as a positive influence with children and young people, raising awareness of mental health, body positivity etc. but that would require them to follow positive influences. However, more often than not, they follow friends/celebrities and end up in a cycle of comparison which has a negative impact on their mental health. Children and young people don't have the understanding to know how overuse of social media impacts relationships with family and friends as they struggle to relate to people in real life and are constantly distracted waiting for the dopamine fix that a new like of a post brings.
252. I think that social media has an extremely detrimental influence on the mental health of young people. It is particularly bad for girls and young women and is probably causing a lot of the mental health issues we see around us.
253. It is an easy option to look to the phone screen and has resulted in fewer social interactions, leaving many with a lack of confidence. The comparison with the unattainable look or lifestyle has taken a toll.
254. I think social media use influence to a great extent the mental health of children.
255. It is noteworthy the extent that social media appears to have on young people/young adults. There use of this appears to be excessive, not only daily but in some cases almost appearing constant. This prolonged and continuous use will therefore no doubt have a clear impact on mental health. However, whether we see this impact as positive or negative is important. As people are more likely to comment about negative associations we tend to think of this the most. Examples of this negative impact on mental health can include pressure to behave, look, and act in a certain way that is not necessarily linked to healthy behaviours. A recent example of this is the myriad of tiktok cases that seem to have swept social media. Added to this, social media has become a means of interacting and communicating with others that has no time or distance limitations. This has meant bullying can occur at any point in time on any day. Coupled with this is the use of anonymity facilitating face less interactions that can perpetuate bullying even further as well as perpetuating behaviours that wouldn't necessarily occur in the real world. This latter point of the 'real world' also becomes interesting as we start to blur boundaries of what is real and what is not and understanding the lived experience of many young people now follows focuses on online connections through social media rather than physical connectedness, leading to increased range of mental health stressors. However this does not necessarily mean that the influence on mental health need always be negative, Role modelling is a good example, and seeing oneself through alike social reference groups portrayed in a positive way can support young people to develop a



more positive self esteem. role modelling through social model has greater reach and connects people in a much wider way then would otherwise be possible and is particularly relevant to those who feel marginalised. This connectivity leads on to greater opportunities for not only accessible and augmentative communication but also for networking positively with others and engaging with protective factors and supportive interventions to prevent a decline in mental health. In summary, the use of social media by young people can create stressors that undermine mental health increasing risks and perpetuating negativity, but also can be used as a n opportunity to promote personal growth, develop positive mental health promotion opportunities and engage in active mental health supportive systems.

256. I think it badly affects their mental health.
257. I think it has a large influence as they are bombarded with unrealistic lifestyles and feel the pressure to have a similar lifestyle. There is often a potential for young people to be bullied and to have negative interactions online.
258. Greatly, it causes many arguments and disagreements among young people
259. I see it have a predominantly negative effect on people's mental health. Including mine.
260. Young people and young adults are being both harmed by exposure to social media and when excluded from it. Unfortunately, a lot of our young people view media content and are not able to 'filter' out fact from fiction. Instead a lot of what they view is damaging their self esteem, body image and aspirations in relationships and career ambitions. I see more young people struggling with anxiety and depression in my school.
261. I think that, first of all, using social media means that we encounter different opinions from people. Not all of them are polite and there is often hate on the Internet. Children using social media are exposed to it and it is known that not all of them can cope with it, which may lead to new complexes and low self-esteem. Overall, social media use in young people has a huge impact on them and their mental health.
262. I think that young people are very affected by social media usage particularly girls who feel inadequate in comparison to the filtered images they see on [named social media]. They also see images of a lifestyle that most cannot hope to attain.
263. For the vast majority, to a large degree.
264. It definitely makes it worse. The impact of perceived ideals online, and the image of constantly perfect lives on social media make mental health much worse
265. It plays a VERY large role in young people's mental health - both good and bad.
266. Hugely, they see too many false people living false lives and then are affected because they cant be that
267. I believe social media has a large effect on the mental health of children and the youth. This impact is felt on both a positive and negative scale. The positive impact that it has is that social media can promote positivity and can allow the youth to make friends and connect with people. This can make them feel loved and have a positive impact on them. However, it also has negative effects which outweigh the positives. Social media does not fully show the real world, only what a person wants you to see so this sets unrealistic standards in the eyes of children. This can lead to having low esteem and in worst cases, depression and anxiety.

268. I think the potential for damage to a young person's mental health is enormous as a result of social media. Before social media bullying, for example was limited to time outside of the home whereas now, it can be done anytime anyone is online.
269. I think social media has a largely negative impact on young people's mental health. I work in a school and my students often are involved in incidents online where bullying has taken place. I also think that influencers negatively impact young girls self esteem, because their lifestyles are unattainable but young people won't realise that. .
270. To a massive extent, they become a lot more uncomfortable with themselves having been seeing all the 'successful' people on social media. They also join stupid challenges that might be damaging to their physical health. However, I think for some people it is also useful as they can make friends even they struggle to do so in real life (if they struggle with social anxiety etc.). So I am a bit double-sided on my opinion on whether social media is positive or negative.
271. To a significant extent
272. It has a moderate to severe impact on the mental health of young people and young adults. This can be through sleep deprivation, following trends and losing sight of what is really important in life such as God and positive in-person relationships.
273. I feel, quite poorly. Social Media means there is no escape from bullying and peer pressures-it is relentless. It also sets unrealistic beauty standards and aspirations for young people-I would be mortified if my child aspired to be an influencer
274. It can be both positive and negative but more negative as they sometimes see people who have manipulated images and scenarios to make themselves look better but this gives children a false perception about what reality is like
275. Peer pressure either for good or bad influences young people via various media platforms
276. I think there is enough data now to understand that young adults are overwhelmingly negatively impacted by social media. There is a rise in depression, anxiety and general lack of engagement with adult responsibilities and much of this can be pointed back to the influence of social media. In particular, I have noticed a strong uptick in negative self-comparison due to social media, in which students have been comparing themselves to the best of the best in terms of looks, fashion, etc and then feel paltry and small in their little school by comparison. This is just one tip of the iceberg on a very serious problem.
277. I fear that the social networks could have a bad influence on children. Thanks to the studies we know that the use of social network decreases the attention span and in some cases could lead the child to take as example bad models of life, like the influencer. I think that the child shouldn't use the sociale, they are too dangerous for an adult so I cant even imagine what could do to a child
278. I believe social media use in young people very negatively affects their mental health. It warps their perception of self and body image and bullying is predominantly carried out via social media in this day and age. At its very worst, I have known it to lead to the suicide of a 15 year old girl.
279. I feel it can have a detrimental affect on mental health when used to compare to unrealistic comparisons, excessive use and used for wrong reasons for example, to feel better about self

280. To some extent, depending on the person. It can cause feelings of inadequacy when comparing themselves to others online and create body image problems. Online bullying through social media can cause anxiety or depression. It can be addictive for some people. Some teens can't seem to be without social media.
281. Social media can exacerbate stereotypes so that young people who are highly impressionable feel this is reality. Social media use can have a hugely adverse effect on the mental health of all people especially the young.
282. It provides a platform of what young people aspire to be like. However it can be that they feel they compare themselves and do not feel they live up to the expectations of what they see. This can lead to negative feelings in young people that they are not good enough. This can then lead to anxiety and depression and low mood. Young people do not realise that social media is not a true reflection of life.
283. Well, i believe that if there is no restrictions on their use they can be very harmful. Narcissism, anxiety, jealousy and many more mental issues can occur and can get very bad. It is a complex issue but i believe that they can damage a soul if they are not used appropriately.
284. Social media influences all children , but Depending upon the child and the support network around them impact on how the influence is in terms of their mental health It can enrich them , when managed well, providing information , discussion , research and debate It can have a detrimental impact on how they feel about themselves and the world in which they live .
285. They are addicted to their phones and cannot be without them. Many do not use social media appropriately and this behaviour can be abusive and bring problems into schools as well as taking problems home. Social media is another source of anxiety for young people.
286. I feel that overall these days it has a negative affect on their health. They see a lot of people living a life that is unachievable for them and unrealistic. I feel cyber bullying is also on the rise and can negatively impact their mental health.
287. It gives young people unrealistic aspirations for how they should look and behave. It also creates peer pressure - to like the same things, follow the same trends. Youngsters also feel pressure to follow trends such as challenges - some of which can be very dangerous. Added to this, bullying can take over social media via [named social media] where there can be very little mediation. Youngsters sometimes hide what is happening to parents and carers. Preoccupation with what's happening online can overwhelm them to the point that their esteem lowers, they can fall into depression, and it can affect their school work, attainment and in turn their esteem and self perception - it becomes a cycle.
288. I think social media use in these groups has an overall negative impact on mental health as they are constantly bombarded with information which demonstrates unrealistic beauty and achievement standards at a relatively young age when they have not learned to evaluate it as such.
289. I think social media has a tremendously damaging impact on young people's mental health. It establishes an extremely unrealistic portrayal of life, beauty and success which puts a lot of pressure on young people who feel as though they cannot meet these "standards". Many young people are also obsessed with validation and

recognition on social media as they view it as success, and often this can detract them from education, work, etc, as they chase a false sense of success.

290. In my opinion it can be positive as a way of keeping connected to others. But negative as children and some adults can be easily influenced.
291. It has a really poor impact on mental health for everyone.
292. It can seriously damage their mental health. It can be a positive influence and allow young people to communicate but it can put young people under intense pressure to conform to certain views.it can also be used to manipulate young people and share hatred
293. Very negative influence. Constant bullying online, negative influences
294. I think it had a huge negative impact on young women and female children. It shows us what we should look like and that makes us question and doubt the way we do look. This can have a massive negative impact on self esteem and sense of worth. I don't think it has as much of an impact on males because it seems to be targeted at young women
295. Massively! It is a constant struggle to help them see that what appears in their feed/follows is not always accurate or even true. It gives many of them a terrible sense of being inadequate.
296. I think it has a major negative impact on their mental health. It gives them high levels of anxiety and a sense of not being able to switch off. There is a worry about not being included or constant concern negative/bad information could be spread about the person online and they need to have access to their accounts at all times to make sure this isn't the case.
297. I truly believe social media, if used correctly can have a positive impact on people, however, I do also believe that the effect it has on an individual can be detrimental to their mental health. It's not uncommon to see videos and photos of horrific scenes without searching for them, as social media platforms push forward popular videos to the algorithm and many times these are traumatic videos. This makes young people's minds exposed to difficult things which subconsciously becomes normalised for them. Also, I feel there is a serious problem with people aspiring to look like what they see on social media, which gives them unrealistic expectations of society and can be damaging to their mental health.
298. I feel there's positive influences through connection to others and having a sense of community. It also provides a means of self expression and access to information and support. However, I think overuse can be a negative thing, and perhaps lead to anxiety. As with everything in life, it's finding the right balance, and helping those who have trouble doing this.
299. I think it affects them to a degree where they feel like their worse-off and inferior. However I heard on the radio yesterday that it has little affect on a person's mental health. That it's an addiction, but they could have been addicted to something far worse
300. it influences a lot mostly negatively Thier expectations are not realistic, they learn bad behaviour, they are ilunable to communicate face to face
301. Negatively affect self esteem and cause drama
302. Social media has a huge influence on mental health and general well being. It adds to paranoia and assists peer pressure.

303. Hugely, in every aspect of their lives. Social media means there is no let-up or escape for children - the social media world is 24/7.
304. I think social media influences young people's mental health to a huge extent. They are presented with a distorted version of reality including beauty standards eg edited photos. This can even lead to suicide and in fact since [named social media] was launched suicide rates particularly in young women have increased
305. The Social Media world can have detrimental affects to a young persons mental health, especially since the majority of posts on social media are often of people doing extremely well, posting only their "best bits" from their lives i.e travelling to exotic places, celebrations & achievements, actively out with friends & family, purchasing new products etc... Even posts of themselves with filters that can alter a persons appearance to make them look, younger, fitter, healthier, and meeting the currently beauty trends. When a young person is exposed to this perfect ideal constantly, they can often find themselves wondering why their lives aren't as good as others, they may get discouraged, develop low self esteem and start to feel isolated. Heavy social media use has been linked to young people having a negative wellbeing & self-esteem and more are experiencing feelings of anxiety & depression. But it can work both ways! Social media can be a great tool for finding a sense of community, for setting up a business or sharing your hobbies & passions online. Personally, I think just like anything, too much of something an ultimately have negative affects. What's more concerning is with apps like [named social media] that have a wide range of different types of content that you switch between in seconds, from a cute cat / dog video, to a funny comedian / meme, to a sad or violent incident. You're brain and body are processing so many intense feelings and emotions all at once! Not fun.
306. It has a great impact on their mental health. Some is good as it enables them to keep in touch with friends and family. Some is bad as it can give them unrealistic expectations of real life. It can also negatively influence their behaviours.
307. Social media has a huge impact on young people's mental health. They only see the highlight reel of people's lives and a highly edited version of reality eg edited pictures from influencers. this has a negative impact on body image and general mental health. there is also no limit to what they can access, they can be subjected to online bullying. suicide rate particularly in young women has increased since [named social media].
308. I think that overuse of social media by children has come at the expense of healthy real life social interactions and I worry that children are not learning how to behave in real life any more. It's too early to see what impact this has as social media is of this generation but I'm interested to see what adults are produced from a whole generation of children who have grown up with mediated interaction through social media. I also worry that young people are fed a curated view of an ideal lifestyle through the social media channels and will grow to have unrealistic expectations of reality. How often do they really check in with reality to confirm whether something is true or not?
309. Used correctly, in moderation and with any appropriate supervision I think that social media can help young people and adults with their mental health. At the click of a button you can find advice from mental health professionals and talk with people

who feel the same way as you. I think people are very quick to blame social media for things and only look at the negative side of it.

310. Social media can quickly turn into an addiction, diverting time from genuine social interactions, work, academic pursuits, or healthier and more productive hobbies. Additionally, it fosters unrealistic expectations, which can harm the self-esteem and mental health of young individuals.
311. Social media has become an integral part of the lives of children, young people, and young adults, providing a platform for connection, self-expression, and access to information. However, the impact of social media on mental health is complex and multifaceted, with both positive and negative effects. Positive: Social connection and support: Social media can provide a sense of belonging and community, especially for those who may feel isolated or marginalized. Online platforms can facilitate peer-to-peer support, particularly for individuals facing similar challenges or mental health conditions. Negative: Addiction and problematic use: Excessive social media use can become addictive, interfering with daily life, sleep, and academic or professional responsibilities. Problematic social media use can also lead to social isolation and withdrawal from other meaningful activities.
312. It can be detrimental in the sense that it accelerates the progression that would otherwise take place in the physical social world.
313. It affects their self image and self worth. It is addictive and causes children and young adults to feel that their life is not 'perfect' as social media portrays others in this way.
314. I believe social media can have a negative effect on a young person's mental health.
315. I think social media use has a huge negative impact on the mental health of children and young people. It sets unrealistic expectations in them, of ideal body image, of what sex is like, gender expectations.
316. It has some positive benefits in that it enables young people to keep in contact with friends. There are also negative effects in terms of spending too much time on social media and neglecting other activities, which can lead to addictive behaviour. Some students seem unable to go more than a few minutes without looking at their phone.
317. I believe it does have some positive effects, e.g. the creation of a feeling of community, or an outlet for many of them to express their creativity. However, I also see many downsides, particularly regarding the use of social media among teens and pre-teens. The pressure they feel to look a certain way, act a certain way, and buy into certain trends, are all down to social media, and those who do not, or cannot afford to, conform, are often socially excluded.
318. I believe it exerts a significant influence, but it's not entirely negative. Social media can provide young people with a sense of connection, helping to alleviate loneliness, particularly during extended holidays or school breaks. However, it can also facilitate bullying and worsen preexisting feelings of low mood and insecurity. In essence, it's a double-edged sword.
319. Massively, they are being compared to celebrities and each other often with lots of filters. So their mental health suffers as they feel a need to be perfect. They also get addicted and then withdrawn when they can't use it.

- 320. They form unreachable goals and unrealistic expectations
- 321. There's a lot of comparison that comes from social media, it also allows young people to feel emboldened to say things they may not say in person. It also, however, provides them with support