

Negative Effects Of Social Media & Screen Time To Be Aware Of (#66)

Anxiety & Depression

- Being on social media or screen time for more than 2 hours a day when at a young age can cause anxiety & depression symptoms

Sleep

- Increase time on social media has been lead to poor sleep quality
- Using phones or screen time before bed can also cause poor quality sleep

Body Image

- Effect both male & female
- Viewing social media apps can decrease ones body image in a short period of time

Cyberbullying

- Bullying is a huge risk at young ages for a number of different mental health issues
- Many kids hide cyber bullying from parents and adults