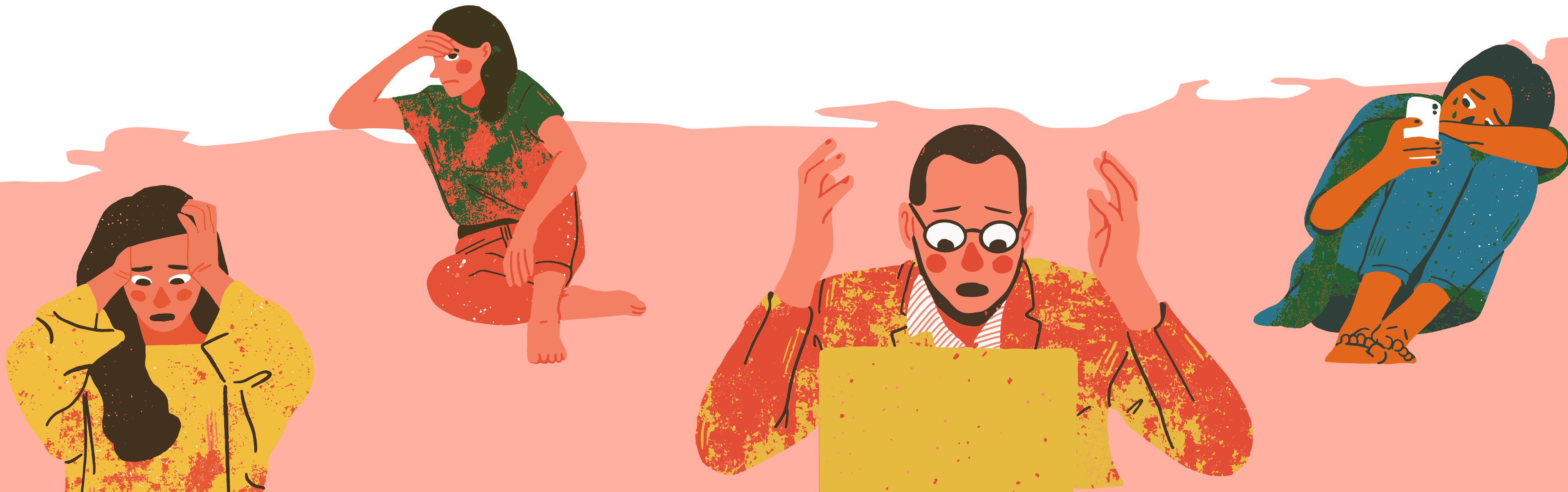


**A PARENT'S GUIDE:**  
**THE IMPACT OF SOCIAL MEDIA**  
**ON CHILDREN'S MENTAL HEALTH**



**The use of social media by children can have various negative effects on their mental health. It's important for parents, caregivers, and educators to be aware of these potential risks and take steps to mitigate them.**





# **CYBERBULLYING**

**Your children may become victims of online harassment, bullying, or exclusion, which can lead to feelings of anxiety, depression, and low self-esteem. Cyberbullying can occur through various social media platforms and may have serious consequences on your child's mental wellbeing.**

# **SOCIAL COMPARISON**

**Social media often presents a curated and idealised version of people's lives. Your kids may feel pressure to measure up to unrealistic standards, leading to feelings of inadequacy, jealousy, and low self esteem as they compare themselves to their peers.**







# **PRIVACY CONCERNS**

**Your children may not fully grasp the potential privacy risks associated with sharing personal information online. Inappropriate sharing or interactions with strangers can lead to safety concerns and stress.**

# NEGATIVE BODY IMAGE

Exposure to images and content promoting unrealistic beauty standards can contribute to the development of negative body image and self esteem issues, particularly as your children compare themselves to influencers or celebrities on social media.



# **SLEEP DISRUPTION**



**Excessive use of social media, especially before bedtime, can interfere with sleep patterns. Sleep deprivation can have a negative impact on mood, cognitive function, and overall mental health in your children.**

# FEAR OF MISSING OUT

**Social media often showcases social events, gatherings, and activities that your children may feel excluded from. The fear of missing out can contribute to anxiety and a sense of social isolation.**





# **ADDICTION AND SCREEN TIME**



**Excessive screen time, including time spent on social media, can contribute to addictive behaviors, leading to neglect of other important activities, such as homework, physical exercise, and face to face interactions.**

# **PRESSURE TO CONFORM**

**Social media platforms can sometimes create pressure for your children to conform to certain trends, behaviors, or opinions. This pressure can contribute to stress and negatively impact their mental well being.**

