Social Media Is Bad For Kids

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Social media is unhealthy for kids and teens. Social media encourages bullying and is very bad for kids and teens mental health. Many kids are addicted to their phones and there are so many bad outcomes from this. Social media is very bad for kids' mental health. When kids see their friends they go to school with posting they might get upset because they weren't invited and it could lead to even worse things.

"Missing experiences can create anxiety and depression. When people look online and see they're excluded from an activity, it can affect thoughts and feelings, and can affect them physically," according to Mcleanhospital.org. As a young kid it's especially hard to deal with depression and other things that are caused by social media.

Not only can kids get depression from missing out on things but also could lead to kids starting to question what they look like. On social media you can filter and edit a lot making it look like you have perfect skin or a perfect body. Many kids will start to second guess themselves and wonder why they dont look as perfect

"The constant bombardment by unrealistic images is especially damaging for young people, whose identities and self-images are still under construction. We know that body-image concerns are elevated in teens who use lots of social media, "according to Metropolitan State University of Denver.

It's not even just body image issues that can be affected but also wealth. Kids could see people on instagram having the nicest outfits and the nicest vacations and wonder why they don't have that which is bad mentally.

Social media also affects kids' sleeping schedules. Lots of kids from around the world are addicted to their phone and social media. The National Library of Medicine conducted a study in 2019 on 576 highschool students and the results were disturbing. Most teens are on their phones for seven hours or more and some others even admit to their phone being a big disturbance while trying to sleep. When kids don't get a lot of sleep they are tired which means they wouldn't be focused in school or their behavior would change because they are so

exhausted.

Social media also encourages cyberbullying.

"Girls are socialized more to compare themselves to other people, girls in particular, to develop their identities, so it makes them more vulnerable to the downside of all this,"-according to National Library of Medicine.

She warns that a lack of solid self-esteem is often to blame. "We forget that relational aggression comes from insecurity and feeling awful about yourself, and wanting to put other people down so you feel better, " according to Dr.Steiner.

Girls often cyberbully out of spite because they are jealous. This can lead to depression and overall girls can develop big insecurities if they are told how ugly they are online. Cyberbullying is also very common because often people are too scared to bully someone to their face but can do it behind a screen.

Overall social media is unhealthy for kids and should not be used as much. It can cause lack of sleep, bad mental health, bullying, and is a very addicting thing that is not good for you.