

Transcript for **Status of mind**

#StatusOfMind

Social media + its impact on young people's mental well-being

Young Health Movement

What's the best thing about social media?

- Woman:** It allows me to keep in contact with my friends.
- Man:** It's interesting to see what other people are doing without being nosy about it.
- Man:** You can find the best memes on the internet.
- Man:** I just like posting pictures of myself.

Can social media be bad for mental well-being?

- Man:** Yeah, 100%.
- Woman:** Yeah, 100%.
- Woman:** Oh, definitely, yeah!
- Woman:** Definitely.
- Woman (right):** Yeah.
- Woman (left):** Definitely!
- Woman (right):** Yeah, it can.
- Woman:** Everything on social media I find very curated.
- Woman:** You can create your own, kind of like, lifestyle online so you can have a fake lifestyle.
- Woman:** I know that I've spent maybe, like, half an hour taking, like, the perfect, like, studying picture.
- Woman:** You do feel a bit intimidated.
- Man:** You go on your explore page and then you see somebody with, I dunno, a better car than you, better grades than you, like, a fitter girlfriend than you ... Like, it could, it could be anything and you'll always want more.
- Woman:** I think it's just made things really superficial.
- Man:** They try and compare themselves to people on Insta and they don't know that these people are, like, photoshopping in the background and doing all this extra stuff. It's quite a depressing thing if you're climbing up to get somewhere but you're never going to reach.

Which is the worst for mental well-being?

- Woman:** Uff.
- Man:** Hmm.
- Woman:** Instagram, I think?
- Man:** Instagram, by far. Was that right?
- Man:** Between Instagram and Twitter.
- Woman:** Probably Facebook.
- Man:** Facebook.
- Woman:** Snapchat actually.
- Man:** Honestly, I think Tinder. Real talk, real talk!
- Man:** Was I wrong?

We asked almost 1,500 young people about their experience of social media and mental well-being. This data allowed us to rank the social media platforms from best to worst.

Health and well-being league table (best to worst): YouTube, Twitter, Facebook, Snapchat, Instagram

Best for well-being: YouTube

- (happy face) Awareness + understanding of other people's health experiences, self-expression
- (shocked face) Sleep

Worst for well-being: Instagram

- (happy face) Self-expression, self-identity
- (shocked face) Sleep, body image

½ of 14- to 24-year-olds surveyed said Instagram and Facebook exacerbated feelings of anxiety.

7 in 10 said Instagram made them feel worse about body image.

2 in 3 said that Facebook made cyberbullying worse.

We are calling for ...

- a pop-up notification for when you've spent a certain period of time online
- a watermark on photos to indicate that they've been digitally manipulated
- PSHE lessons to include advice on how to use social media in a healthy way
- intelligent analysis to identify those who may be at risk from poor mental health and discreetly direct them towards help.

For more information visit www.yhm.org.uk