

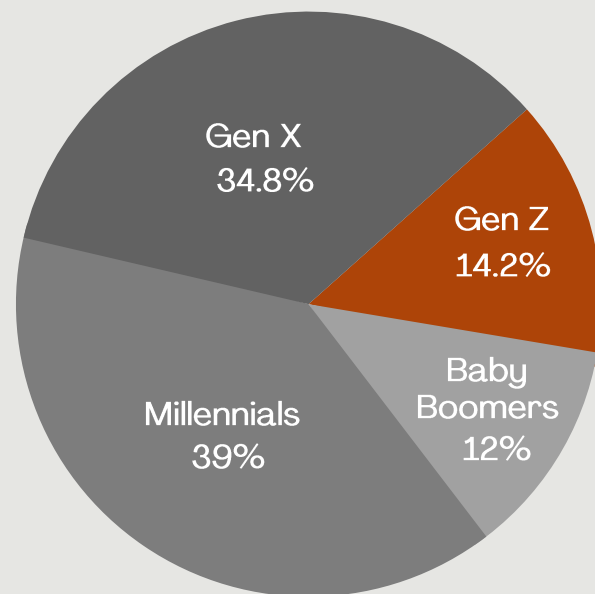
# THE EVILS OF SOCIAL MEDIA ON YOUTHS

What Kinds Of **Evil** Lurk In the darkness Social Media?

How Are Our Youths Impacted By It?

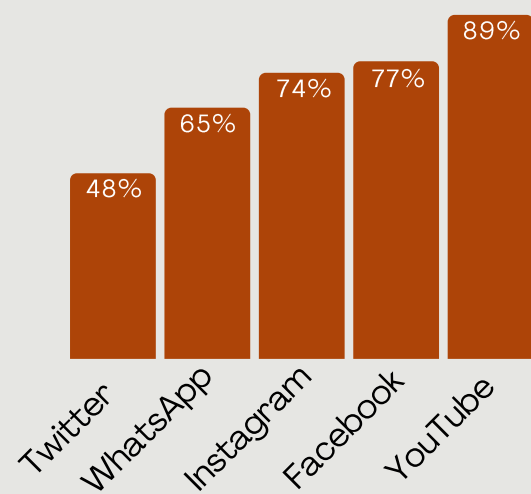
Social Media, Bane or Boon?

% Of People That Use Social Media By Generation

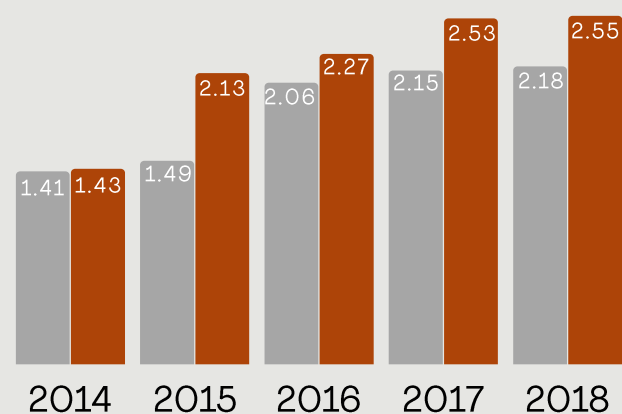


Legend: Gen Z (age 7-22), Millennials (age 23-38), Gen X (age 39-54), Baby Boomers (age 55-73)

Top Social Media Platform used by Gen Z



Average number of hours spent on Social Media by Gen Z vs Global average



Legend: Gen Z (Brown), Global (Gray)

Compared to the rest, Gen Z spends the most amount of time on Social Media.

Gen Z's Social Media usage has increased by **78%** from 2014 to 2018.

However, what are the implications?

Or rather, **What Are The Evils That Come Along?**

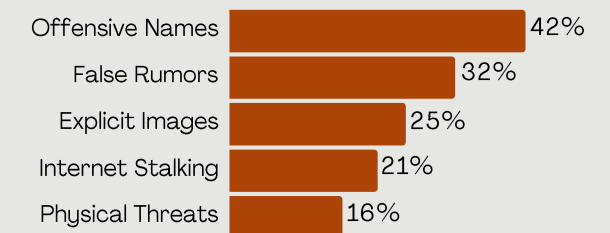
## 3 EVILS OF SOCIAL MEDIA ON YOUTHS

CYBERBULLYING

**ABOUT 3 IN 5** YOUTHS HAVE BEEN CYBERBULLIED



% of Youths that experienced different types of cyberbullying



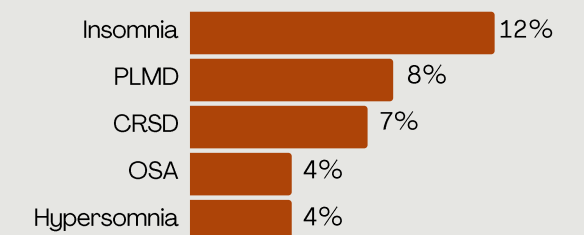
Victims often face multiple or numerous types of cyberbullying at once or over a period.

SLEEP DEPRIVED

**ALMOST 2 IN 5** YOUTHS ARE SLEEP DEPRIVED



% of Students at risk of at least 1 sleeping disorder



Legend: PLMD (Periodic limb movement disorder), CRSD (Circadian Rhythm Sleep Disorders), OSA (Obstructive sleep apnea)

A study found that apart from sleep deprivation, **27%** of youths are at risk of at least 1 sleep disorder.

DEPRESSIVE SYMPTOMS

**AT LEAST 2 IN 5** HAVE DEPRESSIVE SYMPTOMS



According to studies, rise in depression amongst youth is due to extended usage of social media. "The rise in depressive symptoms correlates with smartphone adoption during that period"

### CONCLUSION

The **Evils** of social media are causes of concern in today's youths.

It's unforgiving and cunning – You would never know if you were to fall victim to the sinister hands of Social Media

However, it can also be a source of positivity but to achieve it requires

**Balance and Moderation**

Look around you – Do your friends have any of the above? None?

It could very well be **You**

### RECOMMENDATIONS

#### Time To Take Action

- Have online social circles that encourages positive habits
- Seek help from a support system that is readily accessible (i.e., School Counsellor)

#### Balanced Lifestyle

- Use focus apps to limit time on social media
- Spend at least an hour a week on screen-free hobbies
- Enjoy phone free meals