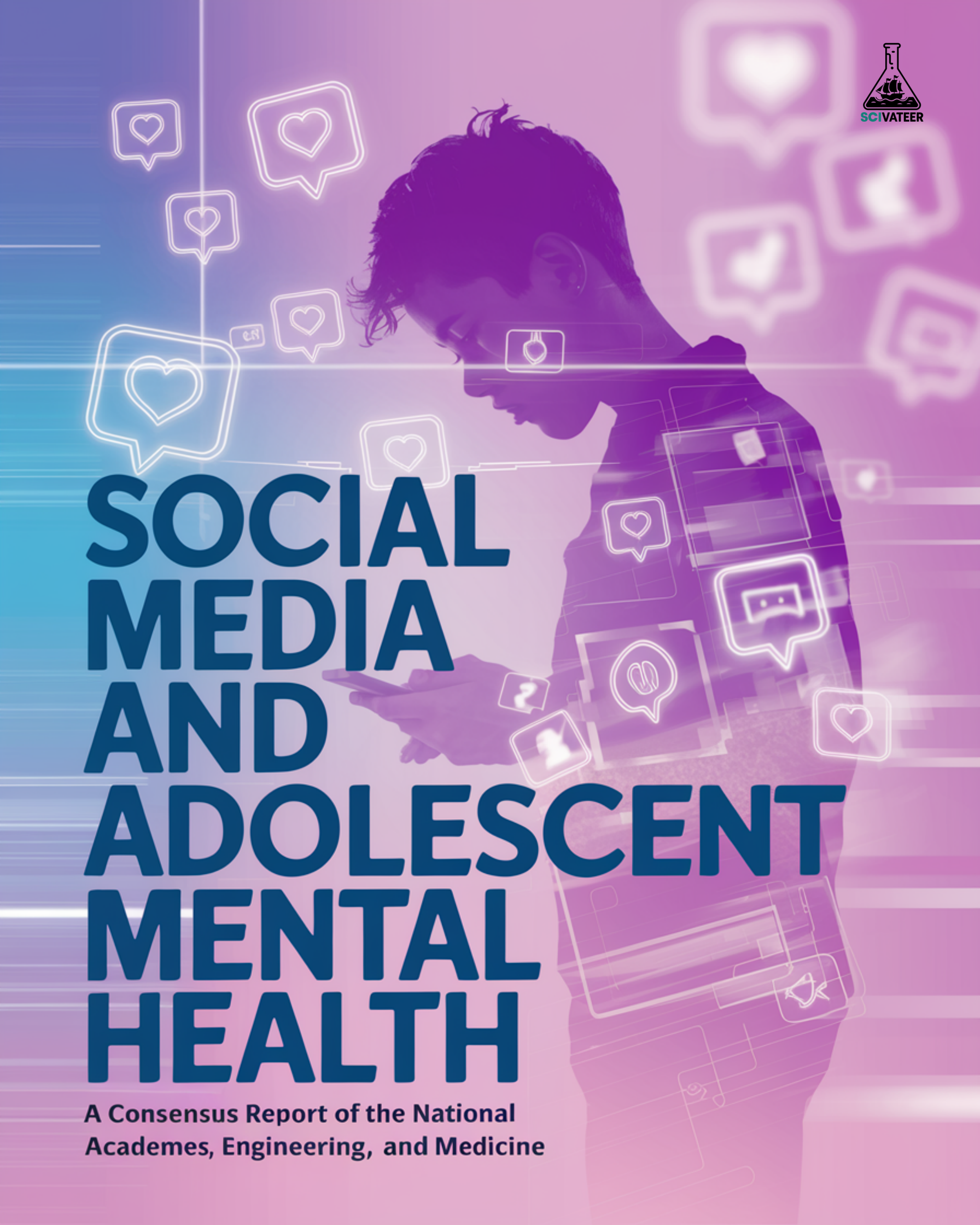




# **SOCIAL MEDIA AND ADOLESCENT MENTAL HEALTH**

**A Consensus Report of the National  
Academies, Engineering, and Medicine**

# THE SOCIAL MEDIA BOOM



Facebook, Tiktok,  
Snapchat  
the most-used  
platforms



Adolescents,  
are the fastest  
adopters



4.5 billion+  
global users of  
social media

# What this report explores

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Link:

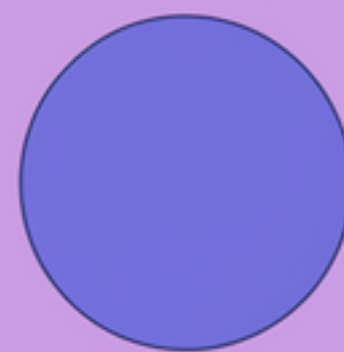
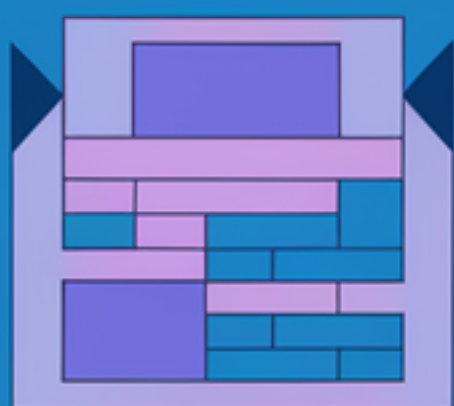
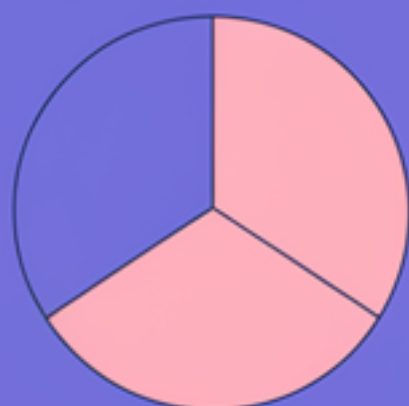
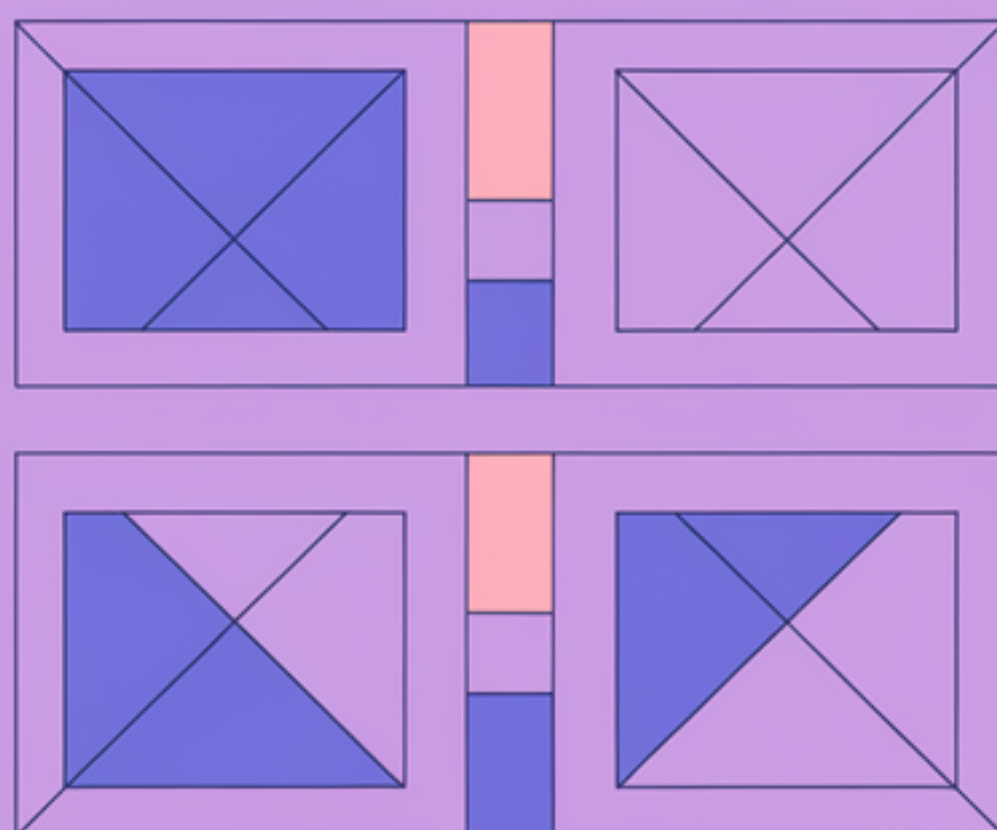
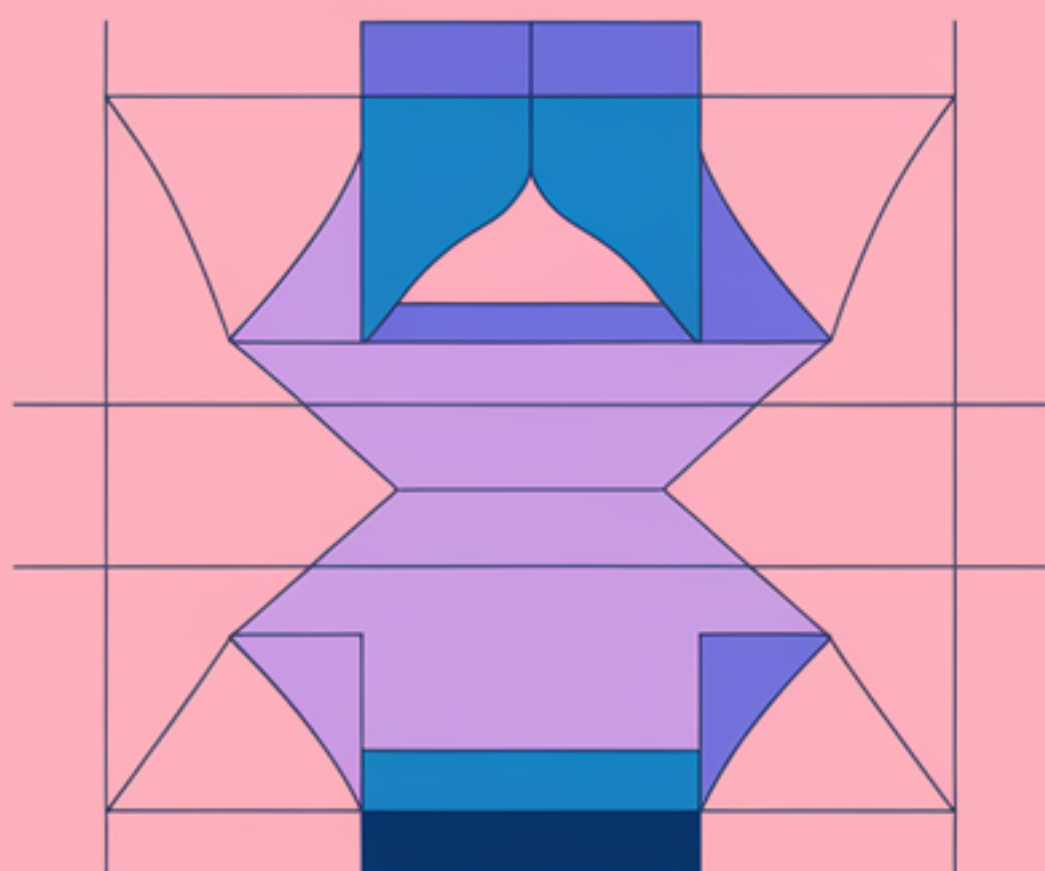
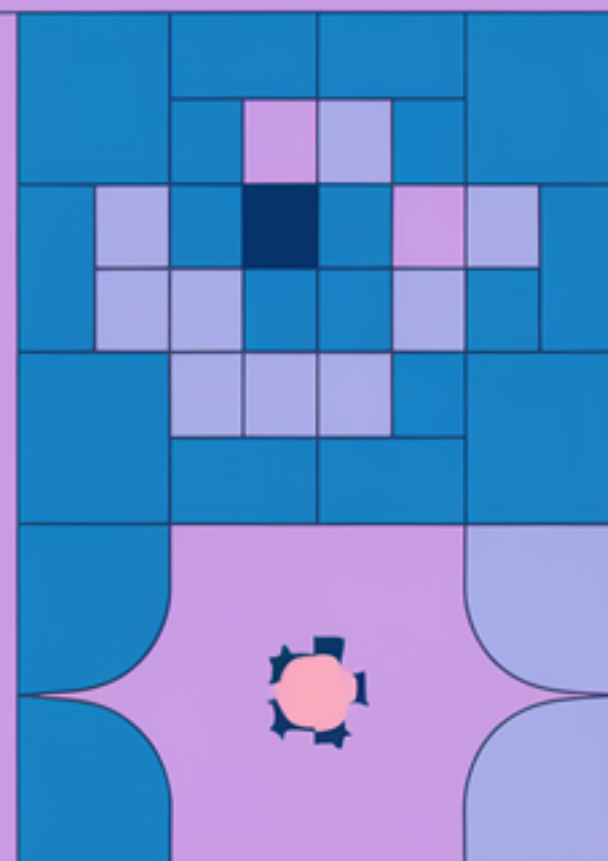
 Social media & mental health 

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Solutions:

Reduce harm, keep benefits

# HOW THE STUDY WAS DONE



1

Literature  
Review

2

Data  
Analysis

3

Expert  
Insights

4

Policy  
Review

# MIXED IMPACT



## **BENEFITS**

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Connection  
Support  
Self-Expression

## **RISKS**

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Harassment  
Body Image  
Addiction

# Not just Screen time



## Content matters

positive vs  
negative  
engagement



## Community benefits

support for  
marginalized  
groups



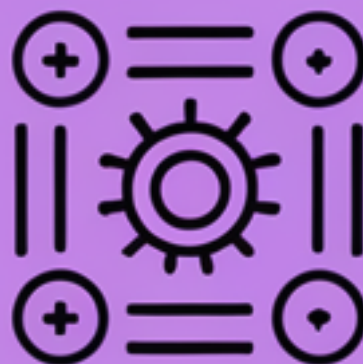
## Harmful behaviors exist

Cyberbullying,  
misinformation

# WHAT PLATFORMS KNOW



**Risks  
acknowledged**  
internal reports  
confirm  
concerns



**Engagement-  
driven design**  
algorithms  
prioritize time  
spent



**Limited  
safety controls**  
few protections  
for minors

# NEXT STEPS

## RECOMMENDATIONS



### More Research

(long-term studies needed)



### Industry Standards

(Ethical social media design)



### Harassment Protections

(Stronger reporting systems)



### Digital Literacy in Schools

(education on healthy use)

# WHAT'S MISSING

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Few long-term studies  
(lack of causal data)



Individual differences  
(no one-size-fits-all impact)



Privacy concerns  
(research limitations)

# Balancing Risks & Benefits



**No simple  
answer**

Research  
needed

Balance  
safety &  
engagement

# SOURCE & ACKNOWLEDGMENTS

← CITATION →

**Galea, S., & Buckley, G. J. (2024).**

**Social Media and Adolescent Mental Health:**

**A Consensus Report of the National Academies of Sciences,  
Engineering, and Medicine.**

**PNAS Nexus, 3(2).**

**<https://doi.org/10.1093/pnasnexus/pgae037>**

