

Art by Maliyah Jackson




**Social Media  
and  
Mental Health**

# About Us

We are a group of 11th grade students at High Tech High Media Arts learning about the impact of mental health disorders on the brain. Our group includes Elvira, Jafet, Maliyah, Tristan, and Ryley. We created this zine because social media is very common amongst the younger community and we wanted to see how social media can impact us both positively and negatively.



Teens spend the most time on social media, with an average of 3 per day (FameMass, 2021).

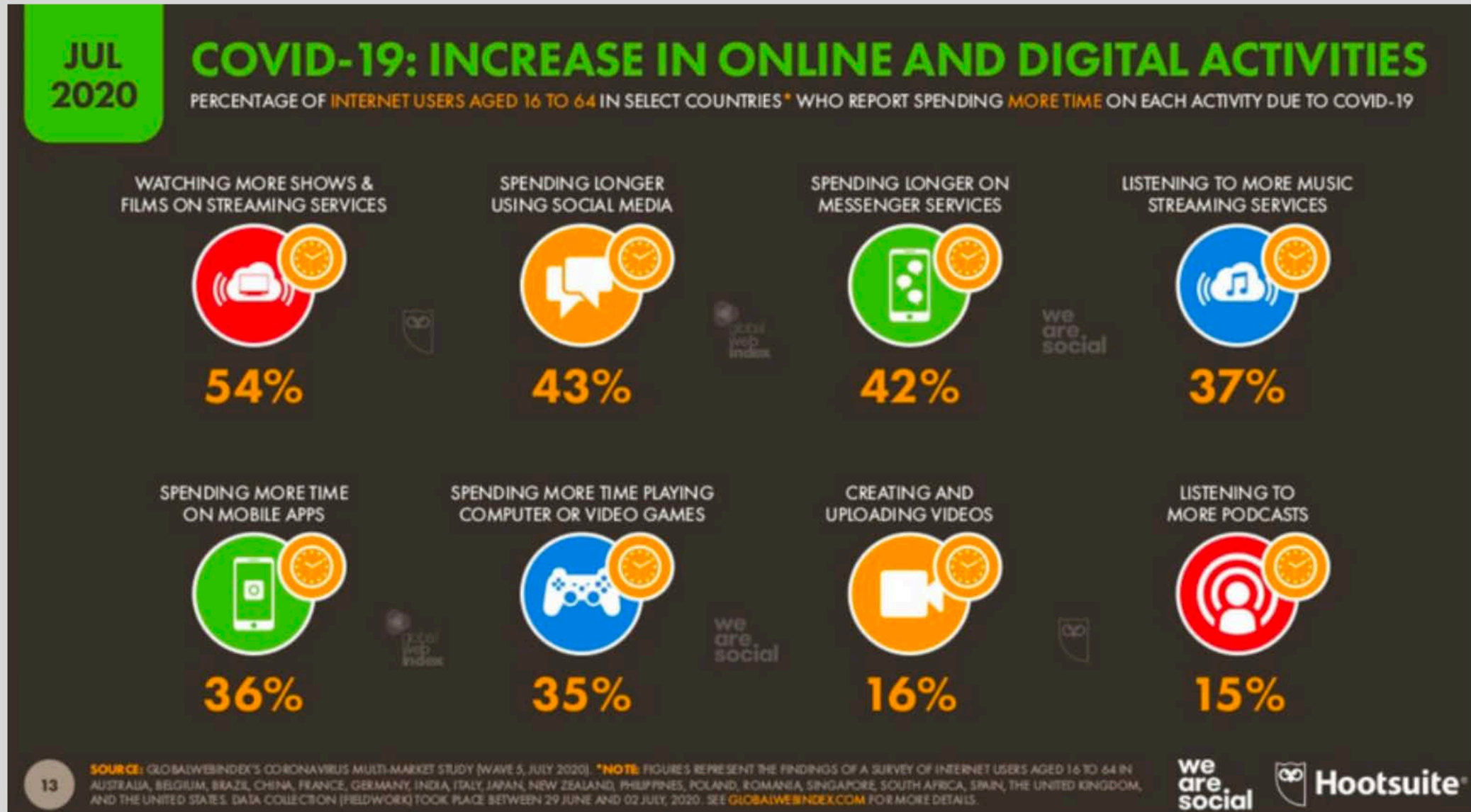


# Social media and its impact

Social media has grown rapidly as technology advances. We are able to connect and interact with others who are not in close range. However, excessively using social media can interfere with your life. Social media can distract and prevent you from performing tasks, affect your social experience and lead you to feel ashamed when comparing yourself to others. When using social media people can oftentimes forget that the "perfect" lives they see are only a percent of a person's real life. This can lead to a state of depression and affect your self view (Cherney, 2020).



# How COVID Has Affected the Usage of Social Media



(Hanlon, 2022)

# SOCIAL MEDIA PROS & CONS

## Pros

- Social media spreads news faster than any other media.
- Law enforcement uses social media to catch and prosecute criminals.
- Spreading awareness and advertising for business.
- Social media helps people who are socially isolated or shy connect with other people.

## Cons

- Social media enables the spread of unreliable and false information.
- Social media can lead to stress and offline relationship problems
- Social media can entice people to waste time/procrastinate.
- Social media facilitates cyber bullying.

(ProCon, 2020)



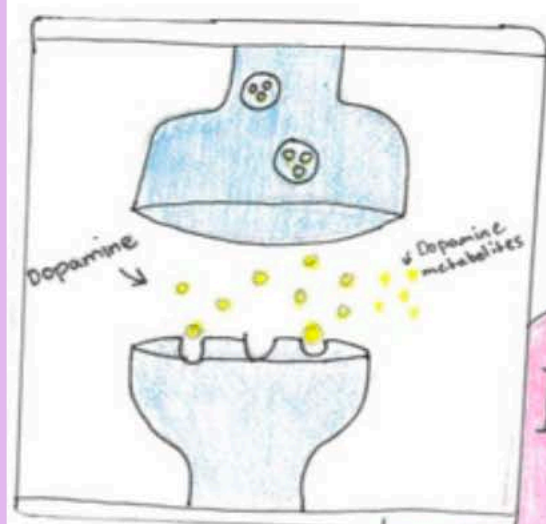
# EFFECTS ON BRAIN

The usage of social media affects the brain's reward system. Overusing social media creates a rush of dopamine and increases the levels of dopamine produced in the brain.

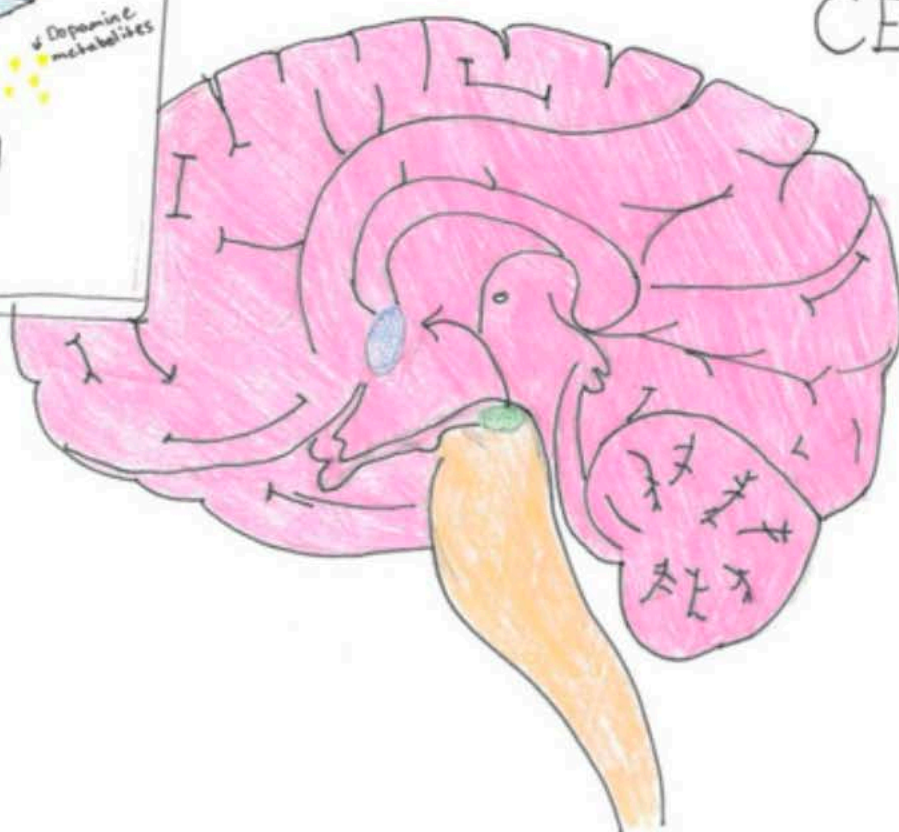
Dopamine levels increase when we feel a sense of pleasure such as food and sex. However, using social media excessively acts as a drug, increasing dopamine levels and making your brain feel a sense of reward.

An example of this action would be when an individual reviews a notification, their brain sends a rush of dopamine through the reward system causing the sense of pleasure.

(Hilliard, 2021).



↓ REWARD  
CENTER



# Did You Know...?

The average person spends 2 hours and 32 minutes on social media per day.



4.2 billion people use social media (roughly 55% of the world's population).



TikTok is the most addictive social media platform.



Teens spend the most time on social media, with an average of 3 hours and 1 minute per day.

More than 330 million people suffer from social media addiction worldwide.



Some teens spend up to 9 hours per day on social media.



(Famemass, 2021)

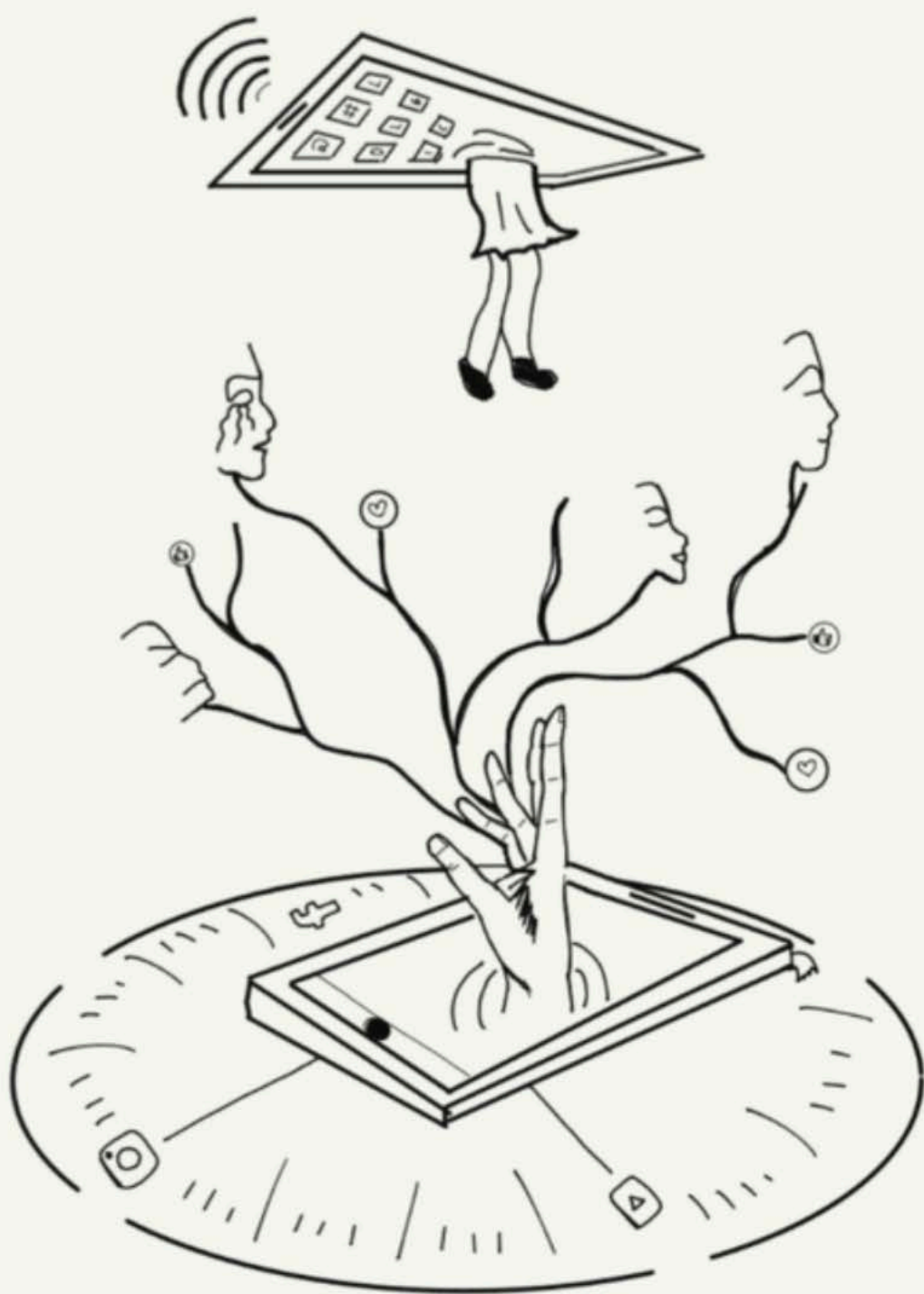


# Ways to Decrease Social Media Time



- Lock or delete the most used app from your phone for some time.
- Set a schedule to use your phone. Stick with that schedule.
- Set timers to dedicate time for social media, do not exceed your time.
- Place your phone on black and white setting so you are not tempted by the colors of your phone.
- Be aware of the why you are going on social media. Use it for positive reasons, not social comparison

(M. Koch, personal communication, March 7, 2022).



**Art by Elvira Solano Romero**

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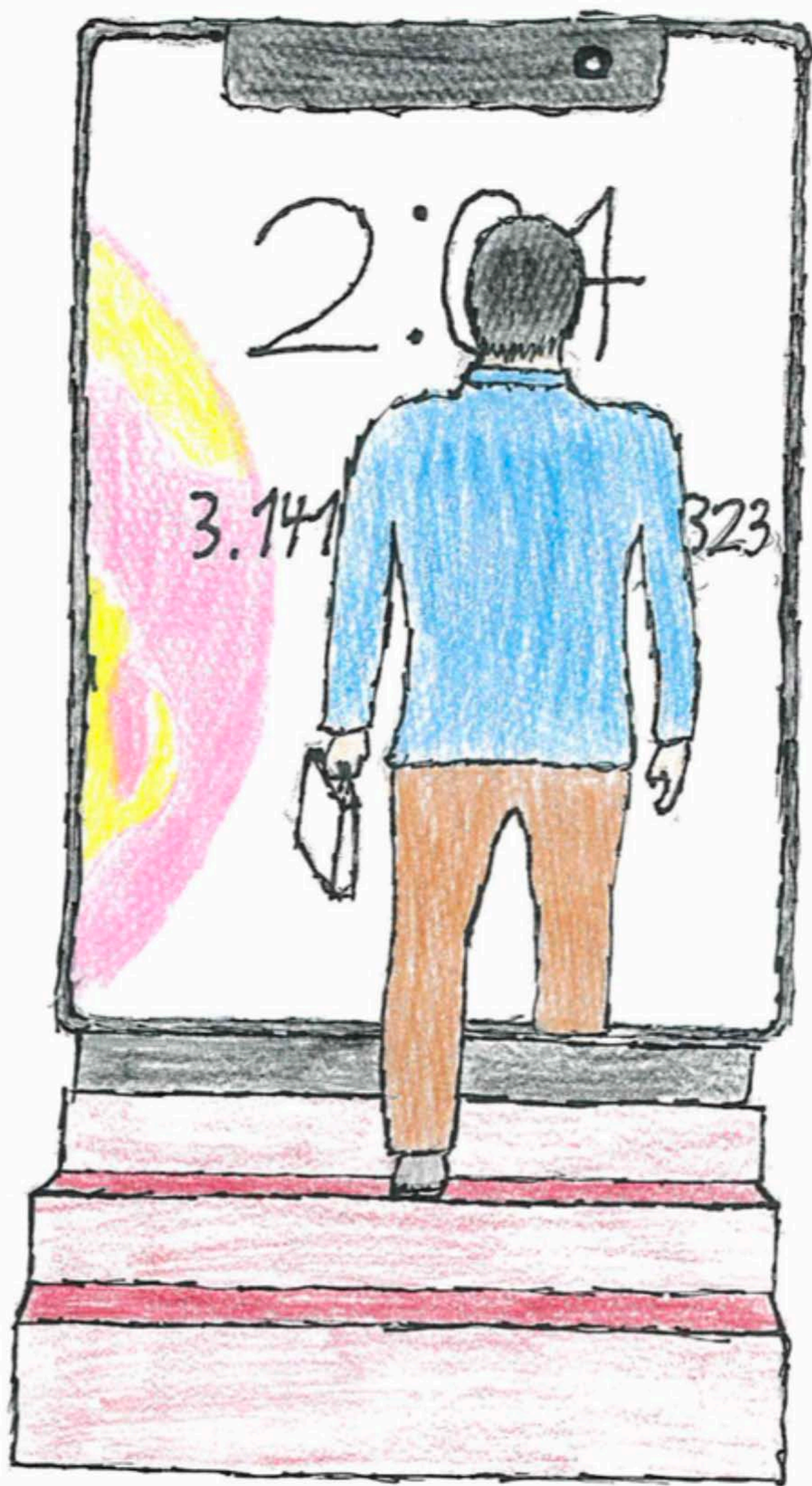
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Art by Tristan Dubois