

| What is your name? | What are your pronouns? | What social media apps do you use most often? | Please let us know how social media has had a positive impact on your mental health? | Please let us know how social media has had a negative impact on your mental health? | Is there anything else you would like to share about this topic? Advice for other youth? Please let us know below. |
|--------------------------|-------------------------|--|--|---|---|
| Cheyanne | She/her | Instagram, Facebook | Building community/ finding resources | Body standards, life expectancy | |
| Anisa H | she/her | Tiktok, Instagram, Twitter, Snapchat | at time it can provide resources | rude/mean people | |
| Nicole S | She/Her | Tiktok, Instagram, Snapchat | It allows me to express some of my mental health issues and connect with others that may have similar experiences. It has allowed me to generally stay informed. | I definitely experience FOMO and social media doesn't help with that, as well as comparing myself to a lot of people that I see on a daily basis. It can be hard seeing people that may have it better than you, which can be a little depressing honestly, and that had a negative impact on my mental health. | |
| Mary E | she/they | Instagram | keeps me engaged in staying informed | it feels toxic | n/a |
| Claire B | She/They | Facebook | Support resources | Unrealistic lifestyle standards | Use social media wisely and for support, not be comparative. |
| Mel C | they/them | Tiktok, Instagram, Facebook | Connecting with friends and family far away. Community organizing. | Constant bad / stressful news stories. Having to see people say hateful things. | |
| Tina F | She Her | Tiktok, Instagram, Snapchat | Keeping up with friends and socializing | Comparison and fakeness of social media | N/A |
| Cabell Youth Move | she/her and He/him | Tiktok, Instagram, Twitter, Snapchat, Facebook | Access to likeminded community's, lighthearted content | Cyber-bullying, promoting unrealistic body images, spreading of fake or false news. | |
| Chaves County Youth MOVE | they/them | Tiktok, Instagram, Twitter, Snapchat | relieves boredom, new friendships, different perspectives, explore creativity | Bullying, shorter attention span, addictions, too much comparison, | Don't make it your life, never use anything but Youtube |
| Huck | he/him | Tiktok, Instagram, Twitter | It makes me feel less alone and makes my mental health funnier so it's not so serious and depressing all the time. | Unrealistic beauty standards, pro-eating disorder content, triggers, etc. | Give yourself a time limit on social media every day. |
| Jackson D | He/Him | Tiktok, Instagram, Twitter, Snapchat | I was able to find a small community of people in 2020, all of whom have become some of my best and closest friends. Without social media, I wouldn't've been able to find like-minded people. | I've 100% had FOMO, but also having constant access to news around the world means that I always have access to bad news, which isn't great for my mental health. | |
| Jax | she/they | spotify | gathering information, podcasts rock. getting exposed to alternate perspectives (the occasional IG) | it felt like an endless pit, when I used to scroll. Unfulfilling entertainment, did not feel good, ate up time. Some social comparison: people I would hang out with but posted about having a good time with other friends. | looking at impulse control of adolescents and rates of mindless scrolling that people don't want to do but struggle to stop would be interesting. I have heard that one before -- looking at habit friction. Filtering sources for information v opinion might also be useful. How to expand from an echo chamber without compromising your values? |
| Brittany O | She/Her | Instagram, YouTube | You are able to connect with likeminded peers about mental health topics. | I am overwhelmed by other lifestyles freedom to live luxury. | It's fun to start a healthy challenge to be well. |
| William L | He him | Youtube | Guidance, motivation, social media has provided for anything to physical to intellectual well being | Distractions with unnecessary information I am interested in but diverts me from my main goal | The network, social media, is used for wellness, or can be if learned to, or it may be detrimental and not super supportive |
| Sharon "Chapi" | She/her/ella | Tiktok, Facebook | Social media has supported my mental health in validating not only my struggles as a woc dreamer but also the strengths that come from that. Not in only seeing the weaknesses of gente but also the community that we have built from that hurt. It has opened up the opportunity to speak on difficult themes that in the past we have not been able to. | Social media has impacted me with deadlines and comparison of my milestones versus everyone else's. Of missing out on paths I couldn't have lived had my experience been different. | Social media is a tool; it's neither good or bad. That perspective is up to you to decide on based on how you choose to use said tool. |
| Maddie | she/her/hers | Tiktok, Instagram, Twitter | Self-expression, staying informed on newsworthy topics, learning new things/skills | Comparing myself to others, sadness about not getting likes, doomscrolling | Honestly, everyone has ups and downs in life no matter how perfect their life looks on social media. It's fun to post all the happy and exciting moments, so I think that we tend to forget that life isn't always like that for everyone. No one's life is perfect. It's okay to make mistakes or not feel pretty and pristine and cool 24/7. You're not falling behind just because it seems like someone else is ahead of you. We never truly know where anyone else is at and it's not a race. It's okay to just live your life naturally without pushing to keep up with everyone on social media. Chances are everyone else is just as frustrated and frantic to move forward as you are! |
| Jude O | she/her | Tiktok, Instagram | self-expression and engagement with different communities, social groups, friends and family. | Social Comparison, unrealistic standards, FOMO, online peer pressure | |
| Nadiyah | She/Her/Hers | Tiktok, Snapchat, Facebook | Connecting with family and friends and keeping up with news. | Seeing all the hate in the world. Knowing there is access to so many things these days that give youth views and expectations that aren't realistic. Online bullying and the drama that social media can bring to youth. | n/a |
| Kippi C | she, her, hers | Instagram, Facebook | Via our member survey this year we heard social media has a positive impact if uses in limited amounts. It also is a good place for rural youth who don't have access to other resources | Via our member survey this year we heard social media has a negative impact info over load and not getting reliable info from some places | |

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| Tyanna M | She/Her/Hers | Tiktok, Instagram, Snapchat, Facebook | Social Media has kept me connected with close friends and families. I have also found great resources and great partners and people to network with. | Information overload. Negative stories and experiences are shared more than positive things. People spend more time on social media than socializing in person. | Social media is what you make it. You don't have to try to live up to unrealistic standards and expectations. Do what you are most comfortable with. If you use it for socializing, feel free to socialize. If you use it to stay connected, stay connected. If you like it for entertainment, stay entertained but please practice health social media engagement. Also unplug when needed. |
| Laura C | She/her | Tiktok, Instagram, Twitter | Education, laughter, a mental break | Health anxiety increased due to symptom comparison. Info overload | Social media can be great but literacy and understanding around it needs to be taught |
| Kristin R | she/they | Tiktok, Instagram, Snapchat, Facebook Tumblr | I connect with friends and family who live too far to visit often. I enjoy self expression and being able to share personally written posts or reshare posts I find humorous or educational. | Having PTSD and seeing people live stream violent protests, murders, police brutality, and even police body cams that show them rescuing children from disgustingly negligent parents has all triggered a deep deep fear of being in public. I've had social anxiety my entire life, but as I aged and learned coping skills it lessened. With the increase of social media exposure to violence, however, I feel like I'm back at the start with coping with trauma and anxiety from being around strangers. I also am losing my ability to trust myself and what's being shared on social media from monopolies controlling the information we see on meta verse and American funded news stations. I used to trust social media and news pages with accurate information, but now I no longer trust anything I see relating to politics, economics, public welfare, globalisms, and so forth. I also get FOMO from seeing people who I considered close friends hang out and travel together, even if I know that person is living a double life for the gram. I still get triggered at times when I am not well mentally. | The rise of deep fakes using AI technology is scary and can be very harmful if the confidence in your ability to trust yourself is low. My advice for the youth is rebuild trust within yourself, take time to understand what confidence looks like for them as an individual, and learn how to grow to trust your own abilities, mental physical emotional, more than what the world may manipulate you into believing. |
| John T D | He/Him/His | Snapchat | Stay in touch with family and friends across the nation and globe. | Comparing my life to others and makes me feel like I'm not where I should be in life, and triggers my anxiety to where I obsess about what I need to do to improve. | I deleted my Instagram and all other social media at the beginning of the year and have noticed a significant increase in my mental wellness. Instead of scrolling through a feed my time has been used to read books! |
| Claire B | She/They | Snapchat, Facebook | Staying connected, support groups, and building community. | Comparing self and lifestyle, social comparison, unrealistic beauty/lifestyle standards | Social media can be a useful tool, but can also cause harm by comparison and unrealistic standards. Remember that everyone has a different journey in life and it doesn't mean that you're more than or less than anyone else. Use it as a source of encouragement, not to down yourself or compare yourself. |
| Braylea L | She/Her | Instagram | Self-expression and staying informed on worldwide issues | Over exposure to negative information and opinions of others. | |
| Vanessa | they/she | Instagram, Snapchat | Information, awareness, acceptance of my body, my mental health, my disabilities, and being able to support people and nature through access to initiatives, petitions, etc | Seeing negative memes and videos when I am in a negative mental space, hearing people's stories without trigger or content warnings, and seeing bad mental health advice from licensed professionals (stigmatizing or potentially harmful content with no disclaimer). | |
| Bianca M | She/Her | Tiktok, Instagram | Connecting with family and friends | FOMO, unable to separate myself from toxic drama and news at times. | I enjoy social media but I wish there was a way to help everyone to moderate it a bit more to help us better shape reality. |