

# MANAGING STUDENT MENTAL HEALTH WHILE NAVIGATING SOCIAL MEDIA

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## UNDERSTANDING THE SCOPE

- Nearly universal in youths 13-17yo
- 95% say use is almost constant
- No current long-term studies on the impact
  - But, what we do know isn't great...

## MORE ABOUT THE NUMBERS

- 95% of teens in the U.S. are online, and the vast majority access the internet on their mobile device, making it the most common medium for cyber bullying.
- 23% of students reported that they've said or done something mean or cruel to another person online. 27% reported that they've experienced the same from someone else
- About half of LGBTQ+ students experience online harassment -- a rate higher than average.
- Young people who experience cyberbullying are at a greater risk than those who don't for both self-harm and suicidal behaviors.
- Only 1 in 10 teen victims will inform a parent or trusted adult of their abuse
- 4 out of 5 students (81%) say they would be more likely to intervene in instances of cyberbullying if they could do it anonymously.

# THE INFLUENCE ON YOUTH MENTAL HEALTH

- Disruption to daily life activities
- Impact on brain development
- Identity development
- Emotional Sensitivity

# THE PROS AND CONS FOR YOUTH

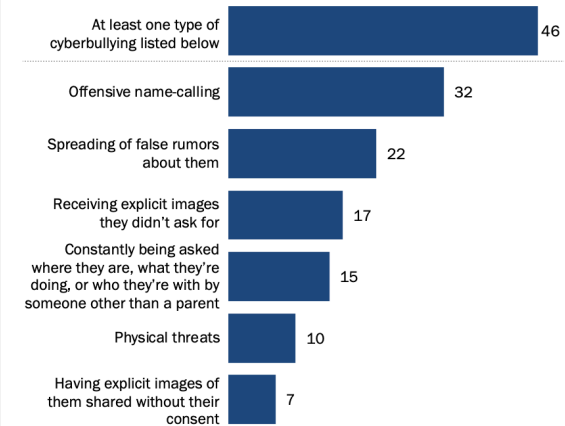
- Benefits:
  - Positive community and connection
  - Form and maintain friendships
    - Marginalized groups
- Using more than 3hrs/day leads to poorer MH
  - 2021 study 8-10<sup>th</sup> grade average 3.5hrs/day
- Content exposure
- Online harassment/cyber bullying

# PREVALENCE RATES

- Nearly 50% of US teens have experienced harassment or bullying online
  - Most often about their appearance

## Nearly half of teens have ever experienced cyberbullying, with offensive name-calling being the type most commonly reported

*% of U.S. teens who say they have ever experienced \_\_\_ when online or on their cellphone*



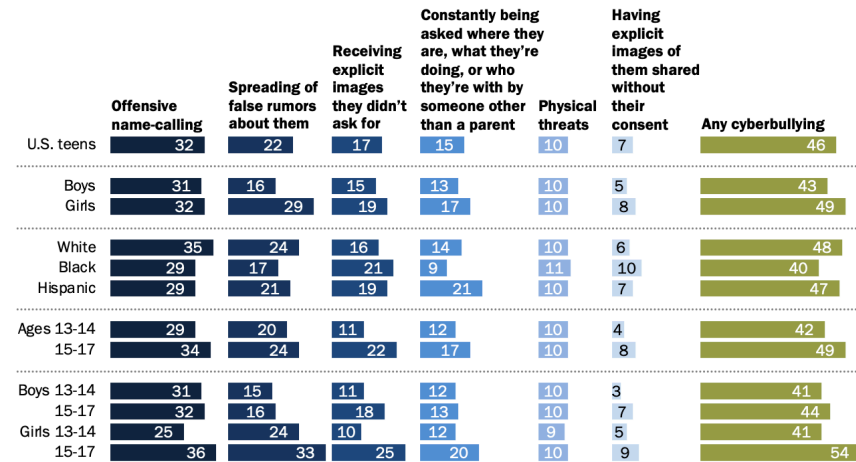
Note: Teens are those ages 13 to 17. Those who did not give an answer are not shown.  
Source: Survey conducted April 14-May 4, 2022.  
"Teens and Cyberbullying 2022"

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# OLDER TEEN GIRLS ARE MORE IMPACTED

## Older teen girls more likely than younger girls or boys of any age to have faced false rumor spreading, constant monitoring online, as well as cyberbullying overall

% of U.S. teens who say they have ever experienced \_\_\_ when online or on their cellphone



Note: Teens are those ages 13 to 17. White and Black teens include those who report being only one race and are not Hispanic. Hispanic teens are of any race. Those who did not give an answer are not shown.

Source: Survey conducted April 14-May 4, 2022.

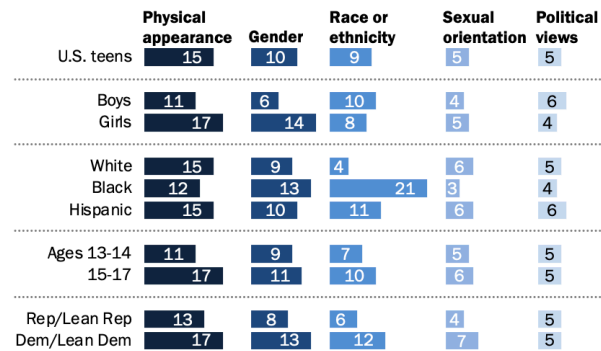
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# THERE ARE RACIAL AND GENDER IMPLICATIONS

## Black teens more likely than those who are Hispanic or White to say they have been cyberbullied because of their race or ethnicity

% of U.S. teens who think they have personally experienced online harassment or bullying because of their ...



Note: Teens are those ages 13 to 17. Please see the survey topline for a full list of cyberbullying experiences measured in this survey. White and Black teens include those who report being only one race and are not Hispanic. Hispanic teens are of any race. Those who did not give an answer are not shown.

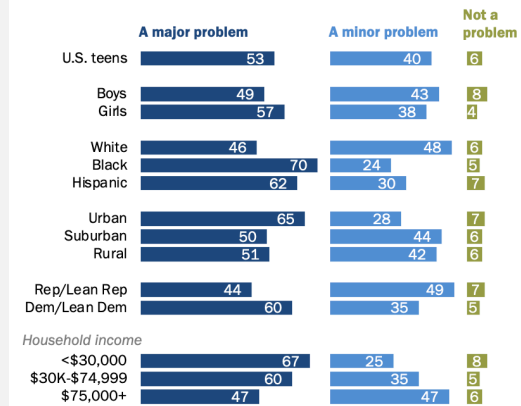
Source: Survey conducted April 14-May 4, 2022.

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## Black or Hispanic teens are far more likely than White teens to say online harassment and bullying are a major problem for people their age

% of U.S. teens who say online harassment and online bullying are \_\_\_ for people their age



Note: Teens are those ages 13 to 17. White and Black teens include those who report being only one race and are not Hispanic. Hispanic teens are of any race. Those who did not give an answer are not shown.

Source: Survey conducted April 14-May 4, 2022.

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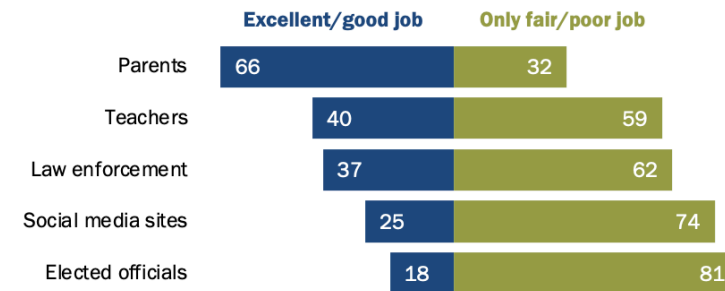


# THE KIDS KNOW WE AREN'T DOING ENOUGH

- About 75% of teens think that the government and social media sites are not doing enough to address the issue

## Large majorities of teens think social media sites and elected officials are doing an only fair to poor job addressing online harassment

*% of U.S. teens who say each of the following are doing a(n) \_\_\_ when it comes to addressing online harassment and online bullying*



Note: Teens are those ages 13 to 17. Excellent/good job or only fair/poor job responses are combined. Those who did not give an answer are not shown.

Source: Survey conducted April 14-May 4, 2022.

"Teens and Cyberbullying 2022"

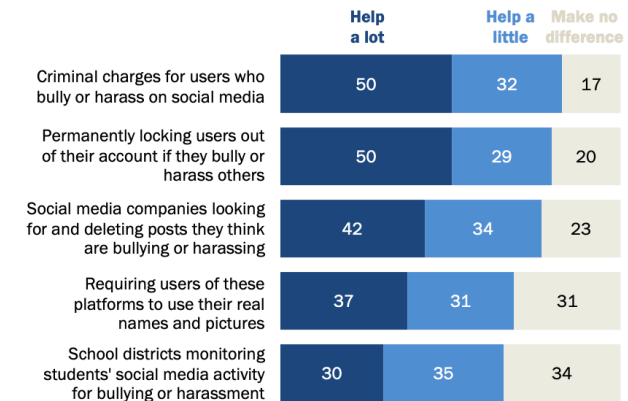
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# AND THEY WANT ACTION

- Large majorities of teens believe permanent bans from social media and criminal charges can help reduce harassment on the platforms

## Half of teens think banning users who bully or criminal charges against them would help a lot in reducing the cyberbullying teens may face on social media

% of U.S. teens who say each of the following would \_\_\_ in reducing the amount of harassment and bullying that teens may face on social media



Note: Teens are those ages 13 to 17. Those who did not give an answer are not shown.

Source: Survey conducted April 14-May 4, 2022.

"Teens and Cyberbullying 2022"

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## HAVE YOU HEARD OF THESE TERMS?

- Cyberflashing
  - More common among older teens (22% vs 11%)
- Revenge Porn (8% vs 4%)
- And did you know you as parents could be liable?
  - Distribution of child pornography

# HOW TO TALK TO YOUR STUDENTS ABOUT CYBERBULLYING

- Talk to them about their online activities
  - What are they on
  - Who are they talking to

## THINGS TO LOOK OUT FOR

- Someone is being bullied
  - Changes in behavior
    - Eating, sleeping, performance
  - Isolation
  - Changes in mental health
- Someone is acting as a bully
  - Associate with others who bully
  - Blames others for their problems/unable to take responsibility for actions
  - Competitive about reputation/status

# THE IMPACT

- Those who are bullied:
  - Increase in depression like symptoms
  - Health issues
  - Decreased achievement
- Those who bully others:
  - Higher rates of SUD
  - Destructive behaviors
  - Pattern of abusive behavior expands into other areas of life (relationships, kids, etc)
- Bullying and ACEs

## MENTAL EFFECTS SPECIFIC TO CYBERBULLYING

- Depression
- Anxiety
- Low Self Esteem
- Isolation and Secrecy
- Poor Concentration and Focus
- Anger and Aggression
- Feelings of Helplessness

# WHAT HAPPENS IF YOU ARE A VICTIM

- What to do
  - Ignore
  - Record
  - Reach Out
  - Cut off the Bully
  - Go high-tech
- What NOT to do
  - Meet them at their level
  - Forward bullying content or messages
  - Believe them



# HOW TO PREVENT CYBERBULLYING

- Protection
  - Use those privacy settings!
  - Think before you post
  - Keep it personal
- Bigger Picture
  - Educate yourself
  - Educate others
  - Speak out

## RESOURCES

- <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>
- <https://www.stopbullying.gov/>
- <https://www.pacer.org/bullying/info/info-facts.asp>
- <https://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/fastfact.html>
- <https://www.dosomething.org/us/facts/11-facts-about-cyber-bullying>
- <https://www.pewresearch.org/internet/2022/12/15/teens-and-cyberbullying-2022/>
- <https://explodingtopics.com/blog/cyberbullying-stats#adult-cyberbullying-stats>