

SOCIAL MEDIA THE FACTS

- 2006 Stanford University Study found that 96% of girls who already had eating disorders had visited pro-anorexia websites and learned new weight loss techniques there.
- A 2012 revealed that more 30% of boys reported downing protein powders or shakes in an effort to boost their muscularity; 6% admitted to using steroids and 10.5 percent acknowledged using some other muscle-enhancing substance.
- 30% of teens have sent and/or received a sext.
- According to the 2011 Mott's Children's Hospital National Poll on Children's Health, sexting ranked #10 in top health concerns for children.
- Researcher's surveyed 606 teens ages 14-18 and found that approximately 20% of teens said they had sent a sexual image of themselves.
- Those who reported receiving a sext, over 25% said that they had forwarded it to someone else.
- Girls were asked to send a sext (68%) more often than boys (42%).
- 1 in 5 teens admitted to posting sexually explicit pictures on social media.
- Teenagers are losing 2 hours of sleep due to their social media use.
- A team of researchers in the UK surveyed users, 53% of whom said social media had changed their behavior; 51% said it was negative behavior because of decline in confidence they felt due to unfair comparisons to others.
- 95% of teenagers who use social media have witnessed cyberbullying, and 33% have been victims themselves.
- More children in Britain are considering suicide than ever before, according to Child-Line, which claims to have received more than 34,000 calls in one year from under-18s seeking guidance. This has doubled since 2011, and correlates with the increasing use of social media.
- Kashfia surveyed 54 teens about their cell phone use and tested their stress levels. The survey found that 92 percent of the teens kept their phones on all the time, and 73 percent said they became anxious when their phones had no charge. The teens checked their phones about once every 23 minutes, and 37 percent said they used their phones while driving.
- Medical life sciences found 65% respondents stated the very last thing they do before going to sleep is to check their mobile phone.
- A fifth of young people admit their online profile bears little resemblance to reality, and that their recollection of past events has been distorted by their own fabrications. Young adults, aged between 18 and 24, say they frequently lie about their relationships, promotions at work and holidays.

