

# 5 Things You Might Not Know

## About Kids & Social Media



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# Social media hurts kids' body image and self-esteem.

1 in 3 girls who use social media hate their bodies by the time they are 13. Heavily filtered images, pro-eating disorder videos, and weight-loss industry ads targeting teens create a “perfect storm” for self-loathing.



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# More time on social media, more anxiety and depression.

As time on social media goes up for teens, so do symptoms of depression and anxiety – scary when 81% of teens say they use social media “almost constantly.”



# Sexual predators and exploitation are scarily common.

1 in 3 kids have an unwanted sexual experience online by the time they are 18. Last year, more than 85 million child sexual abuse images (sometimes called child pornography) were found online, and reports of sexually grooming kids for abuse doubled.



# Most kids will be harassed or bullied online at some point.

60% of kids report being bullied or harassed online at some point, and the CDC warns online bullying can have more severe mental health outcomes than other forms of bullying.



# **Social media is designed to be addictive, and it works.**

Platforms use design features like endless scrolling, notifications, and more to get and keep kids hooked – and they know it. 9 out of 10 teens say spending too much time online is a problem for them, not surprising when they spend an average of 9 hours a day online.

