

Middle School Guidance Officer

Is social media damaging to children and teens? We asked five experts...



If you have kids, chances are you've worried about their presence on social media.

Who are they talking to? What are they posting? Are they being bullied? Do they spend too much time on it? Do they realise their friends' lives aren't as good as they look on Instagram?

We asked five experts if social media is damaging to children and teens.

Four out of five experts said yes



The four experts who ultimately found social media is damaging said so for its negative effects on mental health, disturbances to sleep, cyberbullying, comparing themselves with others, privacy concerns, and body image.

However, they also conceded it can have positive effects in connecting young people with others, and living without it might even be more ostracising. The dissident voice said it's not social media itself that's damaging, but how it's used.

Read the [original article](https://theconversation.com/is-social-media-damaging-to-children-and-teens-we-asked-five-experts-126499): <https://theconversation.com/is-social-media-damaging-to-children-and-teens-we-asked-five-experts-126499>

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