

Counselor's Corner

October 2021



Facebook's research showed:

- Sixty percent of teen girls and 40 percent of teen boys on Instagram experience negative social comparison.
- Instagram and body image statistics show that 37 percent of teen girls say they feel pressure to look perfect in their posts.
- One-third of teen girls say the content they see makes them feel worse about themselves.
- Close to half of users who reported feeling unattractive said the feeling began on Instagram.
- 25 percent of the teens who reported feeling "not good enough" said the feeling started on Instagram.
- Among teens who reported suicidal ideation, 13 percent of British users and 6 percent of American users traced those thoughts to Instagram.

The district will be sending out more information about Andrew Walsh's presentation in the next few months.

the Youth Services Commission, will be offering a workshop for parents on the impact of social media on youth. This workshop will take place in winter 2022. The workshop presenter will be Andrew Walsh who has presented to numerous parent and teacher organizations on this topic. Andrew currently works as a therapist, researcher, and public speaker. Andrew speaks on the impact of social media and video gaming on youth. He is the author of the book: *Video Game Addiction 101: A Primer on Internet Gaming Disorder.*

The district is focusing on social media due to research that looked at the impact that Instagram has had on teenagers. This research, specifically from Facebook, was conducted in 2019 and 2020. As a result of this research, Facebook decided to halt the continued development and introduction of Instagram Kids app (for kids 10-12) based on this research. Social media platforms are geared for ages thirteen and up.

For further details or information, please contact your child's guidance counselor:

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