

it's a complicated relationship for young people and social media

June 2023

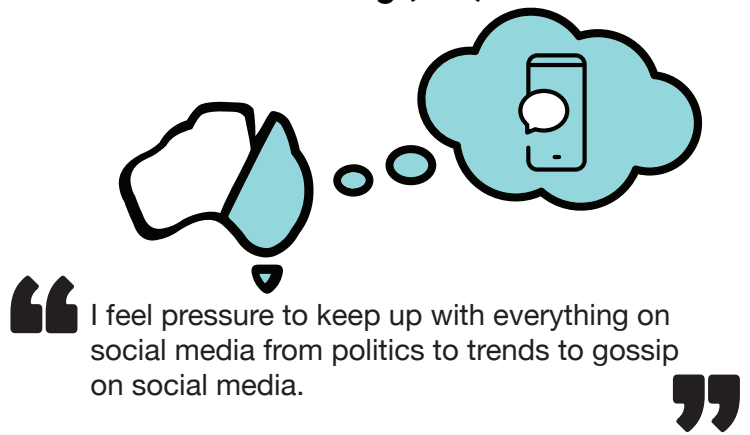
New research released today from headspace shows many young people are experiencing problematic social media use and would like to disconnect, but a fear of missing out (FOMO) may be stopping them.

The latest headspace National Youth Mental Health Survey shows:

One in three young people surveyed experience problematic social media use (33%)



Half of young Australians felt it would be nice to disconnect, but worry that they would miss something (51%)



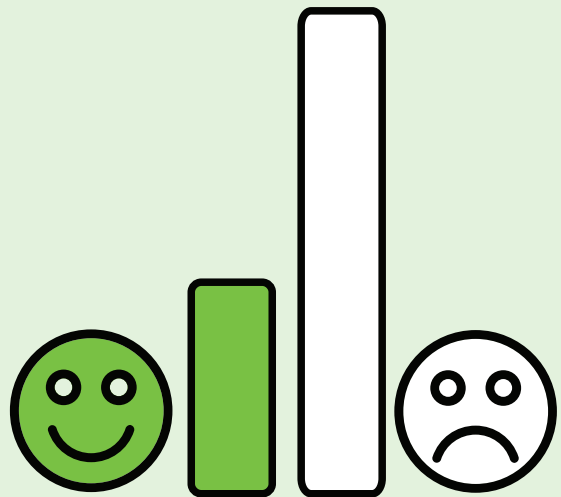
The majority of young people believe not enough is being done in terms of regulation and laws surrounding social media (55%).

Almost three in five young people (58%)



felt the amount of information on social media is **overwhelming**

Many feel there is more negative content on social media than positive content (44%)



However, young people also noted several benefits of social media:

Over two out of five young people

41%

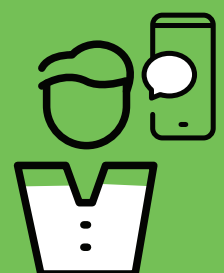
said the amount of information on social media is **empowering**



Social media is a good place to meet new friends (40%)



Almost half of young people agreed it is easier to express their opinions online than in person (44%)



Young people aged 12 to 25, as well as their family, can visit headspace for support. Help is also available via phone and online counselling service, eheadspace, seven days a week between 9am-1am (AEST).

headspace.org.au or call 1800 650 890