

Social Media Use Among MetroWest Adolescents

Highlights from the 2021 MetroWest Adolescent Health Survey (Grades 7-12)

Many youth spend 3+ hours *daily* on social media.

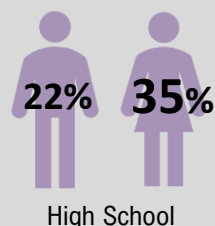
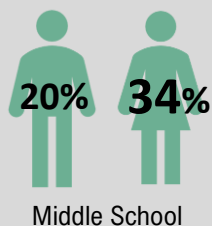
18%
-2018- 27%
-2021-

Middle school (grades 7-8)

29%
-2018- 29%
-2021-

High school (grades 9-12)

Frequent social media use* is higher among girls.



Youth who spend 3+ hours on social media daily are[†]:

Middle School	High School
<ul style="list-style-type: none"> 2.0x <u>more</u> likely to be cyberbullied[§] 2.3x <u>more</u> likely to report depressive symptoms 2.2x <u>more</u> likely to seriously consider suicide 	<ul style="list-style-type: none"> 1.7x <u>more</u> likely to be cyberbullied[§] 1.7x <u>more</u> likely to report depressive symptoms 1.7x <u>more</u> likely to seriously consider suicide

Youth who use social media report both positive and negative effects^{**}:

Speaking up or taking action on social media about issues that are important to me



Getting support on social media when going through a tough or challenging time



Feeling badly about myself, excluded, or left out when seeing what others post on social media



Feeling pressured to post things that will get a lot of comments or "likes"



Middle school: Boys Girls

High school: Boys Girls

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The *MetroWest Adolescent Health Survey (MWAHS)* is conducted by Education Development Center, Inc. with funding from the MetroWest Health Foundation. The MWAHS is an anonymous survey of youth in 25 communities. One of the largest student surveys in the nation, its goal is to inform local policies and programs. In 2021, 39,293 students in grades 6-12 took surveys, representing 86% of students in the region.

EDC Education Development Center

* Percent of youth who reported that they spend 3 or more hours daily on social media (this includes Instagram, Facebook, Snapchat, Twitter, TikTok, and other platforms where you can share messages, photos/videos, or other information online).

† Compared to youth who spend <3 hours daily on social media. Measures of depressive symptoms and cyberbullying refer to the past 12 months. Measures of suicidal ideation refer to lifetime for middle school youth and past 12 months for high school youth.

§ Defined as being bullied or called names, teased, threatened, or gossiped about by someone using the internet, social media, cell phone, or other electronic device

** Percent of students who agree or strongly agree