

The Effects of Social Media

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[How Social Media
Contributes to
Cyber-bullying and
how we can help]



Social Media Can Lead to an Increase in Mental Health Issues

People right now are suffering from mental health issues and Social media is a big factor in a lot of those cases. With the rise of social media comes the rise of cyber-bullying and mental health issues in America.

01 How We can change Social Media Platforms



We can update user guidelines to protect and prevent cyber-bullying by limiting a users availability to the app such as setting restrictions on what they can block out and not see.



Along with the first point we can also make it to where they can only see certain parts and they themselves will find more content by finding it themselves. There would be a limit or restriction on how much suggested content would be shown to the user if their settings were set in this way.



Lastly, we can ban users that blatantly go against the guidelines and persistently disobey the rules.

02 Who we can talk to about the issue?



The first people that we should address are those who run and develop the apps that we are trying to change. Without them, we can't do anything on the platforms because it isn't within our rights and property. Jeff Bezos (Amazon and Twitch CEO), Mark Zuckerberg (Owner of Instagram and Facebook), and Zhang Yiming (owner of Tik Tok)

03 When do we act?



VS



• Now

- If we act now then we can prevent cyber-bullying in the future or at the very least we can prevent what could become more mental health issues.

• Later

- If we act later we run the risk of an even greater rise in mental health issues in early teens and early adults that can lead to depression, anxiety, and even suicide.

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