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English 11000

Fall 2021

(Readers response essay)

How Social Media Impact the Mental Health of Young Children

In society there are so many members of today's youth who struggle daily with their mental health, because of social media. The use of social media ranges from using apps for posting pictures or communicating with friends, whether it be from Instagram to snapchat, social media will always be social media. Many of these commonly used apps have changed the way that mental health has been portrayed. Younger people in this generation more than ever, now struggle with their mental health because of social media. One of the most common effects of the use of social media is how younger children now are run over by this idea of having to fit in and be the standard that society is setting in place for them through social media. Social media can range from different applications, even zoom! Students and young children using these applications for schoolwork and remote learning also changes the way they view the world and how they can interact with others around them. Using social media and these apps affects something so sensitive as someone's mental health; Unfortunately, the pandemic has changed and caused so many changes that social media has been a use in everyday life. Personal experiences in the sense of how social media personally changed many has shown that social media is a tool that puts so many people at risk for depression and mainly mental health issues.

In the search of support on the central issue and theme of the effect of social media on younger children and their mental health, the articles, “The Social Dilemma: Social Media and Your Mental Health”¹ and “The FOMO Is Real: How Social Media Increases Depression and Loneliness”² both Dr. Lisa Coyne and Gigen Mammoser use studies of effect social media has on mental health to explain the effects it has on different age groups and younger children mainly to prove how social media changes the daily lives and mindsets of so many people. Social media has always held so many younger kids and younger youth up to expectations to the point in which, younger adults feel like they don’t belong, and they can’t fit in. As a result of these spirals of anxiety and want of fitting in, their minds spiral into depression and social anxiety. Both Coyne and Mammoser go into depth on how the effect of depression changes how so many children interact with each other in person. Social changes such as the pandemic have also been reasons on how many children and their mental health’s have changed. The state of mind many younger children are placed in today causes for social media to play a big part of being a person or being ‘normal’ and now social media is something that should be seen as normal.

¹ Hospital, M. L. (2021, February 9). *The social Dilemma: social media and your mental health*. Here's How social media Affects Your Mental Health | McLean Hospital. Retrieved September 22, 2021, from <https://www.mcleanhospital.org/essential/it-or-not-social-medias-affecting-your-mental-health>.

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² Mammoser, G. (2018, December 10). *Social media increases depression and loneliness*. Healthline. Retrieved September 22, 2021, from <https://www.healthline.com/health-news/social-media-use-increases-depression-and-loneliness>.

Within the many observations that Dr. Coyne and Mammoser have seen, social media has played a huge part in society especially within the pandemic and after covid-19. Throughout the social dilemma and the many changes that so many people have undergone social media has played a huge part in communication and social change. Social media doesn't only involve apps such as Instagram or snapchat, but also involve apps such as zoom and apps that cause for children to attend school and such. As seen in Dr. Coyne's interview with Mclean Hospital on February 9th, 2021, "*The social Dilemma: social media and your mental health Here's How social media Affects Your Mental Health*"³ she explains how social media and the dilemma it has caused in children of younger age, brings about the change in how, "The earlier teens start using social media, the greater impact the platforms have on mental health. This is especially true for females. While teen males tend to express aggression physically, females do so relationally by excluding others and sharing hurtful comments. Social media increases the opportunity for such harmful interactions"⁴. Dr. Coyne provides readers and listeners within her

³ Hospital, M. L. (2021, February 9). *The social Dilemma: social media and your mental health. Here's How social media Affects Your Mental Health* | McLean Hospital. Retrieved September 22, 2021, from <https://www.mcleanhospital.org/essential/it-or-not-social-medias-affecting-your-mental-health>.

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⁴ Hospital, M. L. (2021, February 9). *The social Dilemma: social media and your mental health. Here's How social media Affects Your Mental Health* | McLean Hospital. Retrieved September 22, 2021, from <https://www.mcleanhospital.org/essential/it-or-not-social-medias-affecting-your-mental-health>.

interview with Mclean hospital with the ability to overall expand on the issue with the use of social media by children. Dr. Coyne provides readers with the realization of how the younger the age of social media the more it will affect the way that their mental health is. Social media comes in many forms online and via internet, yet it affects younger adults and children the same. Children are using social media apps and are suffering from the underlying effects of social media, and yet no one does anything about it. Dr. Coyne within this interview with Mclean, hospital on how social media effects people of all age range especially children, proves to show how, “In the past, teens read magazines that contained altered photos of models. Now, these images are one thumb-scroll away at any given time. Apps that provide the user with airbrushing, teeth whitening, and more filters are easy to find and easier to use. It’s not only celebrities who look perfect—it’s everyone. When there’s a filter applied to the digital world, it can be hard for teens to tell what’s real and what isn’t, which comes at a difficult time for them physically and emotionally”⁵. So many young children and teens at this age are children who because of social media are being affected in a way where their daily lives are revolving around this ideal of fitting in to standards that are portrayed via social media. Common social media

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apps today such as Instagram and snapchat or Facebook, cause for many young adults to change the way they see themselves in society as whole. Depression and Anxiety are results of these trends and standards. Standardized societies always have underlying effects on the mental health's of the people who live or revolve around these societies. In society today the pandemic has shaped the way that social media is used, meaning that it's a daily life kind of thing for many people. The trends and the wanting to fit in into these trends' social media bring about causes so many underage teens and young adults to have a mindset where if they don't fit in, they aren't enough for other people; these young adults feel as if they must change their whole persona just to fit in. This is where mental health takes its course and causes for an increase of anxiety and more. Mental health in younger children is something more vulnerable that can be changed and affected easily, social media's impact on younger children has changed the way they interact with others in the world, and mainly how they view themselves. Children and younger adults are being affected by social media, and their mental health being broken apart, is the start of a bigger issue than many can imagine.

Mental health has changes on so many people, age groups, and mainly society. The main age group social media has is on children, as social media is a whole new world where children are now viewing social dilemmas and changes that can either spark violence or fear within their minds and hearts. Social media has changed the world functions, whether it be because of a global pandemic or if not because of the many illicit and fearful things spread upon social media. Within the article "Social Media Increases Depression and Loneliness"⁶ Gigen Mammoser on

⁶ Mammoser, G. (2018, December 10). *Social media increases depression and loneliness*. Healthline. Retrieved September 22, 2021, from <https://www.healthline.com/health-news/social-media-use-increases-depression-and-loneliness>.

December 9th, 2018, provides many readers with the perspective on how many children, “The now ubiquitous use of social media and technology has created a world in which we can gaze into our own crystal ball to see what our friends are doing at almost any time of day. And that’s not necessarily a good thing. So, should we all just be using fewer social media?”⁷ Social media daily is negatively impacting the way that many children live their lives; social media and the effect it has on the lensed of how many young kids feel pressured on being this set standard causes for this spark of anxiety and depression and Mammoser encourages to explain in the article. Social medias underlying effects has created a society where there can’t be such thing as privacy but openness and oversharing is what makes you fit in. A world where everyone can see or have insight on what is normal or what is ‘irrational’ in the eyes of others Is where equality and safe spaces won’t exist. Today Mammoser explains how many people suffer the underlying effects of social media now in terms of mental health as, “Despite the popularity of social media platforms and the rapidity with which they’ve inserted themselves into nearly all facets of our lives, there’s a remarkable lack of clear data about how they affect us personally: our behaviors, our social relationships, and our mental health. In many cases, the information that’s available isn’t pretty. Studies have linked the use of social media to depression, anxiety, poorer sleep quality, lower self-esteem, inattention, and hyperactivity — often in teens and adolescents”⁸.

Social media and the effect it still has on teens and young children/adults has caused for so many

⁷ Mammoser, G. (2018, December 10). *Social media increases depression and loneliness*. Healthline. Retrieved September 22, 2021, from <https://www.healthline.com/health-news/social-media-use-increases-depression-and-loneliness>.

⁸ Mammoser, G. (2018, December 10). *Social media increases depression and loneliness*. Healthline. Retrieved September 22, 2021, from <https://www.healthline.com/health-news/social-media-use-increases-depression-and-loneliness>.

studies to prove how much change can occur in the mental health of a person. Social media has caused for so many young children to go on a day-to-day basis where they are battling with mental health issues, such as depression and anxiety. Social anxiety is a product of the way how many young teens use social media to seek validation in a way from the world. Social media apps and different sources are used to maybe help many interact with their loves ones from far distances and help different people come together, but what is being left out is the effect it has on children in the future and present generation. Mental health issues are battles that so many people in our society face whether it be with medication, or without mental health issues still exist, and it's not easy to fight the way through a mental health illness. Social media has had a negative impact on children and young adults, something must be done to change this effect, and help better the mental health of young children.

Throughout the two articles analyzed within these lines in both, “The Fomo Is Real: How Social Media Increases Depression and Loneliness”⁹, and “Here’s How Social Media Affects your mental health”¹⁰, Both Dr. Coyne and Mammoser use the influences of social media to

⁹ Mammoser, G. (2018, December 10). *Social media increases depression and loneliness*. Healthline. Retrieved September 22, 2021, from <https://www.healthline.com/health-news/social-media-use-increases-depression-and-loneliness>.

¹⁰ Hospital, M. L. (2021, February 9). *The social Dilemma: social media and your mental health*. Here's How social media Affects Your Mental Health | McLean Hospital. Retrieved September 22, 2021, from <https://www.mcleanhospital.org/essential/it-or-not-social-medias-affecting-your-mental-health>.

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determine and explain the effects it has on younger children to reply to the message of the long-term effects of depression and anxiety social media has on children. Social media has impacted and changed the way how many younger children view their lives and how they 'fit in' with those around them. The societal insight social media gives to people allows for so many comments and overall so many people to easily comment on someone's appearances and looks off these social media apps. So many apps that allow and have these sorts of comments are mainly social media apps, not mainly but all social media apps. Social media apps are what revolve so many young children today, and because of that the trends and the want to fit in reaches younger children, making them feel the need to fit in and be affected by these mindsets. Depression and Anxiety are two results seen and observed in children after the use of social media. Social media has changed the mindsets and lifestyles of so many young children, it's time for a change and end to this issue. Both authors used their articles to get the message of protecting mental health of younger children and limiting the use of social media, bringing about change and promoting healthy mental health within society.

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(Exploratory Essay)

Social Media Shaping Mental Health for Youth During the Pandemic

Social media daily impacts the way that so many people live their lives, changing the way many view the world, the news and even their own lifestyles. During the pandemic social media was used and still is used today to communicate with our coworkers, family members, and our bosses to stay safe. The use of social media, especially during the pandemic has changed the way that so many teens and younger age groups use technology and social media apps. What many people don't see are the underlying effects of social media towards mental health. The negative impact of social media during the pandemic on youth, has caused so many younger age groups to have mental health issues, ranging from depression to social anxiety. As a result of this so many authors, journalists, and even news stations have tried to urge the importance of how important mental health. The isolation during the pandemic and the life changing regulations the world now lives in has caused so many changes in the way how social media apps are used, what people don't see is the effect of this on one's mental health especially in Teens and Younger Age groups.

Today, because of the pandemic social media has changed the way that so many younger age groups interact with the world. As online learning and social distancing changed the way that so many young children use and see social media today. According to Sarah Motter, who wrote in the article "Teens May be Increasing Social Media use During COVID-19", published in Wibw.com, on November 27th, 2020 "According to the report, 63% of parents have said their teen's social media use has increased during the COVID-19 pandemic. However, 45% of parents are appreciative of social media during the crisis and only 39% are increasingly concerned about

their teen's social media presence". Motter throughout this article provides readers with the information of how much social media has changed and caused so many younger children, especially during the pandemic, to use social media apps and change the way they interact with the public. Furthermore, parents throughout the pandemic see more onto the fact of how their children use technology more rather than human connection. Covid-19 has changed the way that social media is used in younger age groups, as it has brought social changes in the way that so many people interact to stay safe. The issue of how the pandemic has shaped social media use within teens and youth has come to the attention of the public parents, and doctors as well.

According to, Matt Richtel, who wrote in the article, "Children's Screen Time Has Soared in the Pandemic, Alarming Parents and Researchers", published in Nytimes.com, on January 16th, 2021 "Dr. Humphreys, from Stanford, said he believed that adults and children alike could, with disciplined time away from devices, learn to disconnect. But doing so has become complicated by the fact that the devices now are at once vessels for school, social life, gaming and other activities central to life". Richtel, uses the resources and references of the way how researchers have realized how social media has changed the way how society and the world has used, and replaced human contact and interaction. As a result of the pandemic the researcher, Dr. Humphrey realizes that the pandemic has created and shaped online schooling, social media and tech and replaced the way how younger children interact socially with the world; as a social media page, a gaming website and even a method to learn is what changes the way they interact with others in public. Both Richtel and Motter use the explanation of how much technology, social media, and human interaction changes because of COVID-19 has changed and impacted the way that so many teens and youth today interact with the world. The global pandemic has changed the way that social media is used among younger age groups changing the way that their

daily lifestyles work. Technology and social media are constantly used today in society changing the way that so many people work and socially interact with others. What many people in the world today don't think about are the mental health issues and side effects that can result from the constant use of social media. Imagine the impact, oh wait there is already an impact. Especially on younger kids, teens, the worlds youth in general.

Mental health more than ever is being discussed today because of the many changes the pandemic has brought, from losing loved ones, to having no contact with others nor human interaction. What many people around the world really don't realize is how the pandemic has caused more mental health issues within younger age groups. Youth during the pandemic have resulted and have been seen with prolonged mental health issues more than ever before. According to Meagan Drillinger who wrote in the article "Impact of Covid-19 Lockdown on Teens' Mental Health" published in Healthline.com on March 15th, 2021 , "Regardless of a pandemic, a large portion of teenagers will meet the criteria for a anxiety, depression or other mental condition...With the added trauma of the global pandemic, it's not a surprise that teens are one of the most affected groups...The pandemic has forced teens to be removed from normal social, physical, and educational interactions. The poll's results show that kids have been hardest hit by changes in social interactions over the past year, with 3 in 4 parents reporting a negative impact on their teen's connections to friends". Drillinger Further explains how the lack of communication and human interaction because of the pandemic, has changed the way completely of a young child's mental health. Levels of mental health issues have changed immensely after the global, especially in younger age groups such as teens and youth. The way how the pandemic has changed levels of mental health issues has proven to show how not only

did the pandemic change the way that so many people live their lives, but also changed the way how important mental health today, especially in teens, really is. According to Emma Goldberg, who writes in the article, “Teens in Covid Isolation: ‘I Felt Like I was Suffocating’” published in NYtimes.com on November 12th, 2020, “Since the start of the pandemic, the National Alliance on Mental Illness has heard from many young adults experiencing anxiety and depression, which the organization attributes partly to social isolation.” Goldberg explains and proves to show how human interaction and lack of physical communication and interaction has changed the way mental health in teens and younger age groups is shown. Goldberg also shows how anxiety and depression have resulted due to “social isolation”, meaning that since there is a lack of interaction the pandemic has limited the way that teens and young adults now speak with others and communicate. The underlying effects of the pandemic on teen mental health has created a specific focus on how important mental health is in the educational community and so forth. The pandemic has changed the way how mental health is seen in teens and younger age groups changing the way how counselors and therapists focus on the generations to come. Mental health issues in younger age groups are something that shouldn’t go unnoticed and should be focused on in the future and today as well.

During the pandemic mental health issues and the use of social media among younger age groups has increased. This has caused a change and realization of how social media during the pandemic has resulted in mental health issues and changes in the way that younger age groups and teens socialize. According to McLean Hospital who interviews Dr. Lisa Coyne in “The Social Dilemma: Social Media and Your Mental Health” in McleanHospital.org, on February 9th, 2021, “According to the Pew Research Center, 69% of adults and 81% of teens in the U.S. use

social media. This puts a large amount of the population at an increased risk of feeling anxious, depressed, or ill over their social media use...The earlier teens start using social media, the greater impact the platforms have on mental health. This is especially true for females. While teen males tend to express aggression physically, females do so relationally by excluding others and sharing hurtful comments. Social media increases the opportunity for such harmful interactions.” Social media and the use among these apps in teens and young age groups, has changed the way that many different teens during the pandemic have taken care of their mental health, and has mainly increased the levels of anxiety and depression in younger age groups. The use of social media during COVID-19 has changed levels of depression and anxiety in age groups resulting for there to be a direct correlation between social media and how due to the pandemic it has changed the way that teens and younger age groups are effect by social changes in human interaction. As a result of social media use during the pandemic there have been increased levels of mental health issues in teens and younger age groups. Due to the social isolation and changed in human interaction during the pandemic social media has been used a vessel for the many ways people interact today. Higher levels of social media use in younger children have caused, for many teens. According to Gigen Mammoser who writes in “The FOMO Is Real: How Social Media Increases Depression and Loneliness” in healthline.com on December 9th, 2018, “Despite the popularity of social media platforms and the rapidity with which they’ve inserted themselves into nearly all facets of our lives, there’s a remarkable lack of clear data about how they affect us personally: our behaviors, our social relationships, and our mental health. In many cases, the information that’s available isn’t pretty. Studies have linked the use of social media to depression, anxiety, poorer sleep quality, lower self-esteem, inattention, and hyperactivity — often in teens and adolescents”. As Mammoser explains

in his writing upon the topic of how social media effects the way how mental health increases in teens as a result, providing this information to readers allows for reader to see how social media has changed and is changing the way that mental health is viewed and overall effected by social media. Social media today is now used for online learning school projects and so much more, yes even zoom. Social media and mental health today in teens are two things that are affected and used the most upon these age groups. Technology and the many different apps that younger age groups use have been changing mental health and increasing depression and anxiety in younger age groups. What many today don't see is how the pandemic has also played a role in increasing use of social media and mental health issues. The only source of communication for safety is social media, for teens to see so many hurtful articles social media posts and scary and dreadful changes in our society changes the perspective of different countries and our own lifestyles. Social media during the pandemic has changed mental health in younger age groups and teens for the future.

Throughout society today social media and mental health are two main focuses in many countries and parts of the world. The pandemic overall has shaped increased levels of mental health issues in younger age groups. As a result of the many changes the pandemic has brought across the world, younger generations and younger kids have suffered from both losing someone they love to covid-19 or if not to the mental health issues because of social media and media news across the world. Today social media, covid-19 deaths and so many more issues have changed the way that Teens stay healthy mentally. Mental health is something that needs to be focused on more especially today and in the ongoing future especially in teens and younger age groups.

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(Research Essay)

The City College Of New York (CCNY)

(CUNY)

Social Media Shaping Mental Health for Youth During the Pandemic

How the use of social media has changed mental health in teens during the pandemic

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ENGL 20100

Professor Rebecca Minnich

December 3rd, 2021

Social media daily impacts the way that so many people live their lives, changing the way many view the world, the news and even their own lifestyles. During the pandemic social media was used and still is used today to communicate with our coworkers, family members, and our bosses to stay safe. Social media during the pandemic has changed the way that so many teens and younger age groups use technology and social media apps. What many people don't see are the underlying effects of social media towards mental health. The negative impact of social media during the pandemic on youth, has caused so many younger age groups to have mental health issues, ranging from depression to social anxiety. So many authors, journalists, and even news stations have tried to urge the importance of how important mental health. The isolation during the pandemic and the life changing regulations the world now lives in has caused so many changes in the way how social media apps are used, what people don't see is the effect of this on one's mental health especially in Teens and Younger Age groups.

Today, because of the pandemic social media has changed the way that so many younger age groups interact with the world. As online learning and social distancing changed the way that so many young children use and see social media today. According to Sarah Motter, who wrote in the article "Teens May be Increasing Social Media use During COVID-19", published in Wibw.com, on November 27th, 2020 "According to the report, 63% of parents have said their teen's social media use has increased during the COVID-19 pandemic. However, 45% of parents are appreciative of social media during the crisis and only 39% are increasingly concerned about their teen's social media presence". Motter throughout this article provides readers with the information of how much social media has changed and caused so many younger children, especially during the pandemic, to use social media apps and change the way they interact with

the public. Furthermore, parents throughout the pandemic see more onto the fact of how their children use technology more rather than human connection. Covid-19 has changed the way that social media is used in younger age groups, as it has brought social changes in the way that so many people interact to stay safe. The use of social media use within teens and youth has come to the attention of the public, parents, and doctors as well. According to, Matt Richtel, who wrote in the article, “Children’s Screen Time Has Soared in the Pandemic, Alarming Parents and Researchers”, published in Nytimes.com, on January 16th, 2021 “Dr. Humphreys, from Stanford, said he believed that adults and children alike could, with disciplined time away from devices, learn to disconnect. But doing so has become complicated by the fact that the devices now are at once vessels for school, social life, gaming and other activities central to life”. Richtel, uses the resources and references of the way how researchers have realized how social media has changed the way how society and the world has used, and replaced human contact and interaction. As a result of the pandemic the researcher, Dr. Humphrey realizes that the pandemic has created and shaped online schooling, social media and tech and replaced the way how younger children interact socially with the world; as a social media page, a gaming website and even a method to learn is what changes the way they interact with others in public. Both Richtel and Motter use the explanation of how much technology, social media, and human interaction changes because of COVID-19 has changed and impacted the way that so many teens and youth today interact with the world. The global pandemic has changed the way that social media is used among younger age groups changing the way that their daily lifestyles work. Technology and social media are constantly used today in society changing the way that so many people work and socially interact with others. What many people in the world today don’t think about are the mental health issues

and side effects that can result from the constant use of social media. Imagine the impact, oh wait there is already an impact. Especially on younger kids, teens, the worlds youth in general.

Mental health more than ever is being discussed due to the many changes the pandemic has brought changes the pandemic has brought, from losing loved ones, to having no contact with others nor human interaction. What many people around the world really don't realize is how the pandemic has caused more mental health issues within younger age groups. Youth during the pandemic have resulted and have been seen with prolonged mental health issues more than ever before. According to Meagan Drillinger who wrote in the article "Impact of Covid-19 Lockdown on Teens' Mental Health" published in Healthline.com on March 15th, 2021 , "Regardless of a pandemic, a large portion of teenagers will meet the criteria for a anxiety, depression or other mental condition...With the added trauma of the global pandemic, it's not a surprise that teens are one of the most affected groups...The pandemic has forced teens to be removed from normal social, physical, and educational interactions. The poll's results show that kids have been hardest hit by changes in social interactions over the past year, with 3 in 4 parents reporting a negative impact on their teen's connections to friends". Drillinger explains throughout her writing how, the lack of communication and human interaction because of the pandemic, has changed children and their mental health. The level of mental health issues has increased immensely after the global pandemic, especially in younger age groups such as teens and youth. During the pandemic so many teens struggled with communication and developing social anxiety, as According to Emma Goldberg, who writes in the article, "Teens in Covid Isolation: 'I Felt Like I was Suffocating'" published in NYtimes.com on November 12th ,2020, "Since the start of the pandemic, the National Alliance on Mental Illness has heard from many

young adults experiencing anxiety and depression, which the organization attributes partly to social isolation.” further emphasizes, interaction and lack of physical communication has changed the way mental health in teens and younger age groups is shown. Goldberg also shows how anxiety and depression have resulted due to “social isolation”, meaning that since there is a lack of interaction the pandemic has limited the way that teens and young adults now speak with others and communicate. The underlying effects of the pandemic on teen mental health has created a specific focus on how important mental health is in the educational community and so forth. The pandemic has changed mental health in teens and younger age groups changing the way how counselors and therapists focus on the generations to come. Mental health issues in younger age groups are something that shouldn’t go unnoticed and should be focused on in the future and today as well.

During the pandemic mental health issues and the use of social media among younger age groups has increased. This has caused a realization of social media during the pandemic and how it has resulted in mental health issues within younger age groups. The explanation of how social media use in teens has resulted in mental health issues is spoken about more than ever as, according to McLean Hospital who interviews Dr. Lisa Coyne in “The Social Dilemma: Social Media and Your Mental Health” in [McleanHospital.org](https://www.mcleanhospital.org/mental-health/social-media), on February 9th, 2021, “According to the Pew Research Center, 69% of adults and 81% of teens in the U.S. use social media. This puts a large amount of the population at an increased risk of feeling anxious, depressed, or ill over their social media use... The earlier teens start using social media, the greater impact the platforms have on mental health. This is especially true for females. While teen males tend to express aggression physically, females do so relationally by excluding others and sharing hurtful

comments. Social media increases the opportunity for such harmful interactions.” The use of social media among teens has changed the way teens during the pandemic have taken their mental health and has increased the levels of anxiety and depression in younger age groups. Social media during COVID-19 has changed levels of depression and anxiety in age groups resulting for there to be a direct correlation between social media and how due to the pandemic it has changed the way that teens and younger age groups are affected by social changes. During the pandemic the increased use of social media has increased levels of mental health issues in teens and younger age groups. Due to the social isolation and changes in how people interact, social media during the pandemic has been used a vessel for socialization. Higher levels of social media has caused for many teens to have more mental health issues as, Gigen Mammoser who writes in “The FOMO Is Real: How Social Media Increases Depression and Loneliness” in healthline.com on December 9th, 2018, “Despite the popularity of social media platforms and the rapidity with which they’ve inserted themselves into nearly all facets of our lives, there’s a remarkable lack of clear data about how they affect us personally: our behaviors, our social relationships, and our mental health. In many cases, the information that’s available isn’t pretty. Studies have linked the use of social media to depression, anxiety, poorer sleep quality, lower self-esteem, inattention, and hyperactivity — often in teens and adolescents”. As Mammoser explains in his writing upon the topic of how social media effects the way how mental health increases in teens as a result, providing this information to readers allows for reader to see how social media has changed and is changing the way that mental health is viewed allows for readers to have an insight of the way social media changes the view on mental health. Social media today is now used for online learning school projects and so much more, yes even zoom. Social media and mental health today in teens are two things that are affected and used the most upon

these age groups. Technology and the many different apps that younger age groups use have been changing mental health and increasing depression and anxiety in younger age groups. Today in society many don't see how the pandemic has played a role in increasing use of social media and mental health issues. Furthermore, the source of communication throughout the pandemic has been social media apps, allowing teens to see so many hurtful articles, social media posts, and scary and dreadful news of the society many live in today. Changes made by social media have changed the way many young teens see the world and view the news; social media has also changed the standards and levels of mental health issues in younger age groups.

Social media and mental health bring into question how this changes the standards of the world's changes for the future. So many younger age groups today and teens in general, have been affected by the global pandemic the most. From many families losing their homes and jobs, to students now having classes online. The changes in society today have shown how the standards of mental health are changing on a daily basis just as, according to Laura M. Hart, Robert J. Mason, Claire M. Kelly, Stefan Cvetkovski, and Anthony F. Jorm who write in, "Teen Mental Health First Aid: a Description of the program and an initial evaluation" in ijmhs.biomedcentral.com in the year 2016, "Similar studies have also found that adolescents score higher on measures of desired social distance from individuals with mental illness, and are more likely to believe that mental illness is a personal weakness... Furthermore, there is evidence to suggest that exposure to public health campaigns about mental illness is associated with reductions in beliefs that individuals with mental illness are 'weak not sick'...". So many young children and teens struggle with the ability to speak upon their mental health and worry about the communication area and how to reach out. This struggle to reach out allows for many

in society to see how communication is a key component needed to end several signs of mental health illnesses in younger age groups. The pandemic overtime now cuts off the help of communication and cuts off the ability of a child to reach out when struggling with mental health issues. Socialization in person has been cut off after the global pandemic, teens now struggle more than ever to communicate their mental health struggles.

During the pandemic many teens such as myself have struggled with communication and allowing for social media to change their perspective on how one lives their life. Being cyberbullied on social media during a global pandemic and feeling as if I couldn't reach out to anyone especially during a time where human contact wasn't allowed due to COVID-19. Mental health became something that I struggled with, and I realized that social media and being isolated in depression and anxiety during the pandemic was literally eating me up. The changes the pandemic has brought to me and so many more people have changed the way that I realized how teens have been impacted using social media during the pandemic.

Throughout society today social media and mental health are two main focuses in many countries and parts of the world. The pandemic overall has shaped increased levels of mental health issues in younger age groups. As a result of the many changes the pandemic has brought across the world, younger generations and younger kids have suffered from both losing someone they love to covid-19 or if not to the mental health issues because of social media and media news across the world. Today social media, covid-19 deaths and so many more issues have changed the way that Teens stay healthy mentally. Mental health is something that needs to be

focused on more especially today and in the ongoing future especially in teens and younger age groups.

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Eva Calzado

English 11000 Fall 2021

8/26/2021

(Intro writing assignment)

Throughout My lifetime I realized that literature is something that continuously revolves around us, around the world and mainly around the ethics of society. Works of literature are works that help society determine its surrounding whether it be literature based on history or just based upon creativity. My mother has always encouraged me to read, and I began to get comfortable reading and finding my safe space. Writing also has to do with literature and that is something I know goes hand in hand with society, writing. The works of literature I have read throughout high school and read in high school deal with so many social issues that many people face in society, from racial injustice to systematic oppression. Literature and writing will always go hand in hand, I am ready to explore and continue my stamina with writing and comprehending different works of literature.

My hope within this semester is to learn much more ways to build my skill with essays, and to become a better writer. There are many people who probably are hesitant to take the class based on the work that there is in terms of typing and maybe writing multiple essays. I'm to say that I enjoy writing and typing from my point of view on what a writer tries to convey to readers or in a way relate and provide for a reader. My hopes are to grow fonder of essays and in terms of citing outside sources for evidence. I am usually a person that struggles with citations, and I am afraid of one word, "PLAGIRISM". I have always had a fear in which I feel like I'll make

that one mistake of citing evidence wrong, and then I will get plagiarism on an essay!! I want to learn to fix my citations so that in the future something like that does not happen.

With writing essays online in my high school, I had a mid-level good in a way experience if I could say, due to the difficulty of me struggling with the task of citing evidence on my research change the world project for graduation. I also felt like online school was a great experience and a struggle I will never forget ever in the future. I have now known that there are many opportunities that I could have taken on online learning which I didn't take an opportunity of. The pandemic has taken a turn on many things in my life, but as a wise person once told me, in the struggles opportunities always lie ahead. Online school is a challenge when it comes down to turning work in on time and making sure everything is in place, because at home and you feel very lazy and comfortable doing nothing, but I learned that I could make myself focus on home I just have to plan out my tasks. Setting out my tasks was something that I struggled with because I had gotten sick within a pandemic not with covid, but with something that was making me hurt to walk and to move around. I was stuck and I was down at a point, and without the encouragement of my family I don't think I would have made it.

The online learning within the pandemic taught me that resources around you must be used, whether it be speaking to your teacher and emailing them to check back in with them, or if not to email them to ask for help during tutoring or office hours. I began to get back on track and reached out to my classmates and I realized that I had more help around me than I thought. Writing is like a mind, where you can explore different ways to write in genres and mainly in different forms of creativity. I always wanted to do something in college with journalism, since people say I have a way with words and speaking from my mind, but trust me writing is in my future, even if it starts with an English 11000 class. I have always learned that the future holds

different paths of hope, whether they be full of thorns or pain at the end of the path, there is always hope. There it is! My honest opinion on how I view this course, I feel like I am ready but at the same time there will be times where I feel challenged, and feel like I can't do it, But as I said *hope*.

Eva Calzado

September 17th, 2021

Due Friday, Sept. 17.

(Template from they say I say: exercise)

In the introduction to “They Say /I say”: The Movies That Matter in Academic Writing, Gerald Graff and Cathy Birkenstein provide templates designed to help many college students and writers as well to better their writing, and structure in a sense where they can better understand what they write about the many topics they are required to write about in college. Specifically, Graff and Birkenstein argue that the types of writing templates they offer in order to help students have a deeper understanding of works of literature; also helping many more students understand and go into depth of their own beliefs and so much more. These types of writing templates help students realize that they can take on upon different responses to their essays, and prompts. As authors themselves put it “You deplore the demonstrations, taking place in Birmingham” (MLK, Graff, Birkenstein, page7). Although, some people believe that templates aren’t as useful as they are when going into higher parts of education and much more both, Graff ad Birkenstein insist that these templates encourage many students to write and configure their stands in many. In sum, then, their view is that templates are allowing many students to better their writing and push forward on their writing.

I agree. In my view the types of templates that the authors recommend. For instance, there are so many students who struggle with the ability to complete essays and need help with wording and structure, these templates help students so much and help them figure out many issues they can fix within their writing and so much more. In addition, there are so many people

who try to write so many responses and struggle to do so, but with the help of these templates people don't struggle as much and solve many of these issues easily, in terms of their writing structure. Some might object, of course, on the grounds that there are students who won't benefit but these students who use these templates learn for the better and learn so much more and always try again to rely on their points to readers who read their writing.

Discussion Posts:

(Social Media and its effect on mental health Discussion post 9/13/2021)

Throughout society and the world social media has taken a huge role on impacting the way that so many people live their daily lives, dress, think, and mainly how people view the world. I have personally undergone the firsthand pain and realization on how difficult it is to deal with mental health and be on social media. Both Coyne's interview and the article read throughout our assignments throughout these days have provided us with insight on how negative social media is. Dr. Lisa Coyne explains how social media really breaks down the brain to thinking that social media is something the pleasurable or in a way a happy thing/signal for the brain (Coyne). The way that social media becomes this pleasure factor to our brains, just begins the breakdown on how social media does affect mental health especially targeting kids that are younger. Nowadays everyone dresses the way they do due to trends, people want certain shoes because of trends. people want certain objects devices or if not just anything due to trends they either see on Instagram, tik Tok, snapchat etc.; the list doesn't stop, and it probably won't ever stop. Throughout the article " The FOMO is Real: How Social Media Increases Depression and Loneliness", Gigen Mammoser explains how depression is a result of the idea of how social media affects one's ability to interact in the world and see themselves in the world. Social media as explained in the article is a tool that is used to place people especially youth in society, in a sector where they need to have a certain amount of likes on a social media to feel like they fit in and that they belong. My personal experience with social media has somewhat been the same in terms of how so many people judge their ways and how they are based on the amount of likes they get and how much people view their posts. Me a person who experienced being bullied and trolled on social media, I went into a spiral of depression and social anxiety. Especially in a time

during the pandemic I was already struggling with how to cope with my loneliness and losing so many friends and I didn't honestly think cyberbullying was going to even exist in my future.

Depression is something that does exist or is a result of using social media. Social media gives people an insight or a mindset on what to think of themselves in the perspective of what society thinks of them. Social media is a tool of depression and anxiety, since it allows for others who you probably don't even know are behind the screen to judge you on what you do, how you act what you say, and basically just how you live your life. I have noticed that when I took a break off social media, I became a completely different person, I wasn't so focused on how others viewed me or how others thought of me. I realized that social media really changed me for the worse and taking a long time off it and doing what I want to do, made me happy and it made me feel just with where I was at and where I stand. I am happy that I took time off social media, and I know that these articles and the interview really shed light on the real-life mental health issues that social media has caused and will always cause as well.

(QAnon Discussion post 10/21/2021)

Reading and Skimming throughout the articles and reflection videos from different authors, the Qanon Extremist Group has shown how media and the effect of media on younger generations, and groups of people, impact how the world is viewed and how younger people view and how in result families are broken up due to this group. The extremist group of Qanon has caused media and theories involving the government to be broadcasted and overall spread along to warn people of the actions and involvement this extremist group has. Children in families who support the extremist group of Qanon have been affected negatively in so many ways as the

article, “Qanon conspiracy Theories Are Driving Families Apart”, published on October 7th, 2021, on teen vogue, Fortesta Latifi explains the way how families are driving younger generation and kids who they are parents of in this organization to be affected negatively and seen as a contribution to such an organization. Latifi further adds on in the article the explanation of how they are also many younger children whose parents are part of this extremist group and posting on social media about these topics and conspiracies (Latifi). So many younger children through social media and communication via the internet are seeing their parents and families posting such content in support of a violent driven and conspiracy group. The use of social media furthers the importance of how much social media affects children and the development they undergo in such a society, where their parents are part of an extremist group that has been investigated several times by the U.S government. The use of social media and relating this to the article by Charlie Warzel and Stuart Thompson, made me realize how much these conspiracy theories go hand in hand with the different ways how social media has changed the way that many people view the world, and how much beliefs and changes in society occur. Reading these many articles made me realize that this conspiracy group throughout its use of social media has brought the spread of its beliefs to the public eye and has opened children to a knowledge of extremist groups that these younger kids probably have yet to know about or learn from. The Information that surprised me the most was how cruel practices and how many politicians are involved with this group, it made me realize that the government and oppression go hand in hand with what is currently going on. The use of the digital publication of news articles has allowed this extremist group to expand the number of its followers to the point that younger readers read upon the ominous and dangerous actions and involvements of this extremist group. I personally have felt an ominous vibe from these facts and articles, and I do believe that this group is a cult

and provided with the facts that Trevor Noah and the authors of the many articles read have provided me with, had taught me something I never knew about which was QAnon.