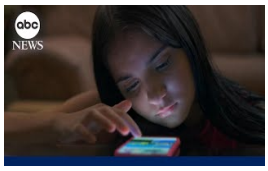

Social media’s impact on your mental health

eslvideo.com Quiz by: Teacher Maromba

1. What is a common part of our normal routine mentioned in the transcript?

○ a.) Watching television

○ b.) Checking social media

○ c.) Reading books

2. What negative effects can unchecked screen time lead to?

○ a.) Better sleep

○ b.) Poor overall mental health

○ c.) Increased productivity

3. Who is Vibhav Devar?

○ a.) A social media influencer

○ b.) A professor of psychiatry

○ c.) A psychologist

4. What keeps the brain in a constant exploratory mode according to Professor Devar?

○ a.) Social media

○ b.) Reading books

○ c.) Watching movies

5. How does social media affect young people's mental health?

○ a.) It increases happiness

○ b.) It leads to an increase in depression and anxiety

○ c.) It has no effect

6. What do parents need to do to help their children use social media safely?

○ a.) Ignore the issue

○ b.) Set an example themselves

○ c.) Allow unlimited screen time

7. What is one resource mentioned that can help parents discuss social media dangers?

○ a.) A video game

○ b.) A documentary called The Social Dilemma

○ c.) A magazine

8. What do parents need to understand about social media's impact?

○ a.) It is always positive

○ b.) It has short-term impacts

○ c.) It is only for adults

9. What should parents communicate to their kids about social media?

○ a.) It is completely safe

○ b.) The dangers of social media

○ c.) It is more important than school

10. How does Professor Devar feel about the future effects of social media?

○ a.) They will be known soon

○ b.) They are not a concern

○ c.) They may not be known for some years

Gap-fill

Complete these sentences with the words in the box.

Wordbank

think patterns behaviors **suggest results communicate** **constantly entering** **dangerous which** **Dilemma academic short-term** **many Instagram routine tabs** **seeing community increase depression**

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1. For ___ of us, checking _____, Facebook, Tik Tok, other social media is all part of our normal _____, right? And keeping ___ on friends and family across the world can help to make you feel more connected.

2. But I mean, you're _____ it in in the _____. You're seeing it with an _____ in _____, with an increase in anxiety. Uh I think the reward circuitry in adolescent brains is being uh rewired as we speak.

3. These effects will not be known for some years. When people are _____ looking for gratification online, they always need their posts to be liked, to be responded to. I think we are _____ an extremely _____ age and we're seeing some of the effects now and I think a lot of the effects which we don't know and _____ I personally fear will not be known for some years still.

4. Well, the first thing that I always _____ about is, you know, parents have to set an example themselves. Uh, I think the way kids very much emulate what parents do. And I think the kinds of behaviors, the _____ of _____ that parents engage in are likely to be emulated by kids.

5. There was an ex there's an excellent one on Netflix called The Social _____. There are more and more _____ papers. I think that are conclusively demonstrating what the _____ impacts of social media are.

6. I would _____ that parents acquaint themselves with many of these re resources, understand what these _____ are telling us, and find a way to _____ this to your kids.

Transcript

For many of us, checking Instagram, Facebook, Tik Tok, other social media is all part of our normal routine, right? And keeping tabs on friends and family across the world can help to make you feel more connected. But there's a negative side to that unchecked screen time, which can lead to poor sleep, memory issues, and poor overall mental health. Joining me now with more is Vibhav Devar, a professor of psychiatry and behavioral neurosciences at Wayne State University in Detroit, Michigan. Professor, thank you so much for joining us. We appreciate it. So, why is social media so addictive and why do we feel that burst of happiness when someone likes one of our posts? Thank you, Whit, for having me. Well, I think one of the problems with social media and the incessant novelty that it generates is it keeps the brain in what is called constant exploratory mode. And so the brain is constantly now in a position where it's looking for novelty, but it's actually never settling on anything. And we always transition in our own lives between exploration and exploitation. We look for things, but then we settle on something and we use it. The problem with social media is it actually engages many of the same addiction mechanisms. It's not the same thing as substance use addictions for example, but I think in the brain it engages many of the addiction mechanisms which people which keep people glued to the constant act of looking for things but never settling on anything. >> That's so interesting the way you explain it is like I've thought about that before, but you really added some clarity to it. You're in this constant state of exploration. And one of the other issues here, social media just focuses so heavily on physical appearance and pushing users to add filters to their posts. How can these altered images affect our mental health specifically in young people? >> But I mean, you're seeing it in in the community. You're seeing it with an increase in depression, with an increase in anxiety. Uh I think the reward circuitry in adolescent brains is being uh rewired as we speak. These effects will not be known for some years. When people are constantly looking for gratification online, they always need their posts to be liked, to be responded to. I think we are entering an extremely dangerous age and we're seeing some of the effects now and I think a lot of the effects which we don't know and which I personally fear will not be known for some years still. >> So, social media uh or let me ask you a question about parents specifically. I'm a parent. I have two young children, two girls in middle school. So, this social media thing is a is a big discussion in our household. How can parents keep their children uh using social media in a safe way and what are some ways to help wean kids off their devices, especially as they get ready to go back to school? >> Well, the first thing that I always think about is, you know,

parents have to set an example themselves. Uh, I think the way kids very much emulate what parents do. And I think the kinds of behaviors, the patterns of behaviors that parents engage in are likely to be emulated by kids. And so if you find a way to stay off your own social media, there's a higher chance that kids will do as well. I think there are now more and more resources that you can use to talk to your kids about the dangers of social media. There are some excellent documentaries out there. There was an ex there's an excellent one on Netflix called The Social Dilemma. There are more and more academic papers. I think that are conclusively demonstrating what the short-term impacts of social media are. I would suggest that parents acquaint themselves with many of these re resources, understand what these results are telling us, and find a way to communicate this to your kids. >> Professor Dvarker, thank you so much for your insights this morning. We really appreciate it. My pleasure.