

THE IMPACT OF SOCIAL MEDIA ON TEEN MENTAL HEALTH



Intermediate B1-B2

1

Warm-Up

10-15 min

Make students start thinking with these warm-up questions

- How often do you use social media? Which platforms do you use the most?
- Do you think social media has a positive or negative effect on people's mental health? Why?
- How do you feel after spending a long time on social media?
- What are some ways that social media can influence teenagers differently than adults?



2

Reading

10-15 min



There is an audio version of this article

"Many experts believe that social media plays a role in the current youth mental health crisis in America.

Some researchers argue that the rise in teen depression is linked to the increasing use of social media.

The adolescent brain is still developing, and social media engagement may have unexpected effects during this critical period.

However, proving that social media directly causes mental health issues is difficult because many other factors can also affect teenagers' well-being.



Studies show that between 2011 and 2021, the percentage of teen girls feeling persistent sadness increased by nearly 60%.

While some research finds no direct link between Facebook use and mental health problems, concerns remain, especially about younger users on platforms like Instagram and TikTok.

Tech companies claim they are taking measures to protect teens, but many experts believe more action is needed immediately."

3 Comprehension

10-15 min



1. What is the main concern regarding social media and mental health?
 2. Why is it difficult to prove that social media causes mental health issues?
 3. What happened to teen mental health between 2011 and 2021?
 4. Why is adolescence an important period for brain development?
 5. What actions are social media companies taking to protect teenagers?
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4 Vocabulary

10-15 min

- **Mental health** – a person’s emotional and psychological well-being
- **Adolescent** – a young person in the process of developing into an adult
- **Engagement** – participation or involvement in something
- **Persistent** – continuing for a long time
- **Demographic** – a group of people with shared characteristics
- **Causality** – the relationship between cause and effect
- **Well-being** – the state of being comfortable, healthy, or happy
- **Safeguard** – to protect something from harm



1. Many experts are concerned about the effect of social media on the _____ of teenagers.
 2. An _____ experiences many physical and emotional changes during puberty.
 3. Social media _____ can affect how people interact with the world around them.
 4. The increase in teen depression has been _____ over the past decade.
 5. A _____ study shows that young people are the most frequent users of social media platforms.
 6. Scientists struggle to prove _____ between social media use and mental health problems.
 7. Good sleep, exercise, and healthy eating all contribute to overall _____.
 8. Parents and educators must take steps to _____ young users from harmful online content.
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5

Wrap-Up

10-15 min



Encourage open discussion, allowing students to express their opinions freely.

- Should there be age restrictions on social media use? Why or why not?
 - What can parents, schools, and governments do to help teenagers use social media responsibly?
 - Have you ever taken a break from social media? How did it make you feel?
 - What are some ways to use social media in a positive and healthy way?
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