



Examining Strategies for Encouraging Adolescents to Take Breaks from Social Media

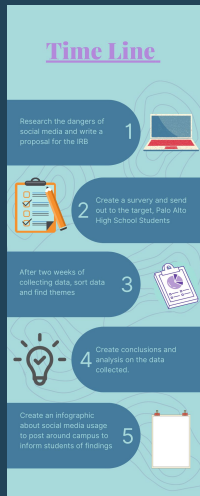
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Research Methodologies

The goal of this project was to discover how adolescents are motivated to take breaks from social media. For this project, the inquiry approach was a needs assessment. A survey was sent out to Palo Alto High School students to find common themes.

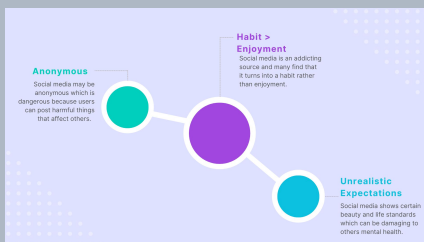
This approach answered the question, "How do adolescents feel motivated to take breaks from the media, when there is a negative correlation between social media and mental health?"



The infographic above shows the my process through my research project.

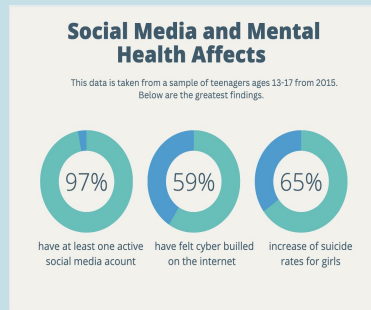
Conclusions

The research collected provided evidence that social media is harmful because it creates unrealistic expectations, the platform in question can be anonymous, and going on it turns into a habit rather than enjoyment. The students at Palo Alto High School believe that taking breaks are crucial, and the majority of these students do take breaks, but they feel they are not taking breaks effectively and want to know more on how to take a break.



Introduction

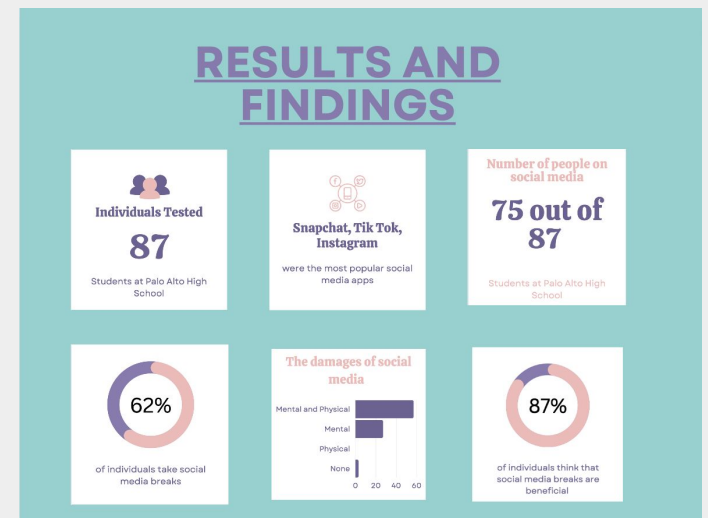
Social media is a popular platform that many teenagers use. Despite some advantages, such as facilitating connections with others and promoting activism, research has consistently demonstrated that social media can distract teenagers from the real world and negatively impact their mental health. A study that assesses the feasibility of Palo Alto teenagers adhering to regular breaks from social media could provide valuable insights into how to motivate adolescents to modify their habits and mitigate the negative effects of excessive social media use on their mental health. Such research could identify effective strategies for promoting mental well-being among teenagers and support their overall health and development.



This infographic shows statistics of the usage of social media and how it is dangerous.

Implications & Next Steps

Once a conclusion was found, a flyer was created to inform Palo Alto High School students on what they should know regarding social media. These flyers were posted around the campus for students to read. If students wanted to know more and how to take a social media break, there was a QR code on the bottom that sent them to a different document with more detailed information.



This infographic is a summary of the data I collected through my survey.

Social Media: What every Teenager should know

Students from PALY took a survey regarding social media and a theme of the importance of social media breaks was present. Down below are the findings of the survey.

Student Statistics

- 87% of individuals think that social media breaks are beneficial.
- 62% of individuals take social media breaks.

Student Summary

- Social media increases anxiety, depression, and eating disorders
- Social media turns into a habit rather than enjoyment
- Social media breaks allows one to connect back to the 'real' world
- Social media breaks helps one be more productive
- Students don't know how to take a break

WANT TO KNOW MORE?

Scan this QR code for more information and advice on how to take a social media break!

This is the flyer that was posted around campus to raise awareness.

References

Special thanks to Ms. McDaniel for helping me through the process and as well as to Ms. Thomas for posting the research survey on Schoology for students to fill out!

Works Cited

