

Generative Social Media Fields: Community Resources

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Global Community Call, April 11th, 2023

1. Understanding social media effects on children brain development

Why young brains are especially vulnerable to social media

The science behind why apps like TikTok, Instagram, and Snapchat impact your child's brain in a different way than your adult brain

- American Psychological Association, August 2022

The developing brain in a digital world: impacts of social media, gaming, and other technologies

This webinar focuses not on whether technology is good or bad, but how do we help young people navigate the complex world of technology to ensure that the key needs for brain development continue to be met. Practical takeaway strategies to use with young people and their families will be discussed. This webinar is suitable for professionals and clinicians who work with young people in mental health services, schools, youth services, primary care settings and other areas of health and human services.

– Orygen, The National Center of Excellence in Youth Mental Health.

NIH study tracks effects of social media on adolescent brains.

New research aimed at understanding the impact of social media on adolescent brains is already showing fascinating results. The National Institutes of Health study is following more than 11,000 children over a decade. Anderson Cooper spoke to the researchers for Sunday's "60 Minutes." Psychologist and CBS News contributor Lisa Damour joins "CBS This Morning" to discuss the study

- CBS Morning, December 2018.

Social Media and the Brain: Why is persuasive technology so hard to resist?

From cognitive biases to brain development, explore the brain and behavioral science of how social media keeps us hooked

- Center for Human Technology, August 2021.

The Psychology of Social Media

– King University, September 2019.

2. Decoding the black box of social media algorithms

Inside TikTok's Algorithm

The Journal created automated accounts that watched thousands of videos to uncover how the social media network knows you so well

– A Wall Street Journal Investigation, July 2021.

Fiction is outperforming reality': how YouTube's algorithm distorts truth

An ex-YouTube insider reveals how its recommendation algorithm promotes divisive clips and conspiracy videos. Did they harm Hillary Clinton's bid for the presidency? - The Guardian, February 2018

[How an ex-YouTube insider investigated its secret algorithm](#)

The methodology Guillaume Chaslot used to detect videos YouTube was recommending during the election (see article above) – and how the Guardian analysed the data

- The Guardian, February 2018

[How TikTok's Algorithm Figures You Out](#)

The Wall Street Journal created dozens of automated accounts that watched hundreds of thousands of videos to reveal how the TikTok algorithm knows you so well. A Wall Street Journal investigation found that TikTok only needs one important piece of information to figure out what you want: the amount of time you linger over a piece of content. Every second you hesitate or rewatch, the app is tracking you.

-The Wall Street Journal Video report, July 2021.

3. Exploring social media impact on mental health

[Eating Disorders and Social Media Prove Difficult to Untangle](#)

Social media platforms like TikTok and Instagram try to monitor for content related to the problem, but it is not always clear what to do about it.

– The New York Time, October 2021.

[The Social Dilemma: Social Media and Your Mental Health.](#)

'Like' it or not, using social media can cause anxiety, depression, and other health challenges. How can you change your habits?

- Mass General Brigham McLean, Putting People First in Mental Health

[Does Social Media Use Cause Depression?](#)

How heavy Instagram and Facebook use may be affecting kids negatively

– The Child Mind Institute, December 2022.

[Unhealthy Social-Media Habits? Blame Your Early Childhood Experiences](#)

New research shows that attachments formed by children at a very young age can predict their online behavior later in life; there are ways to overcome compulsive social-media use

– The Wall Street Journal, May 2022.

[You Child's Brain on Social Media](#)

Harvard Alumni for Mental Health Webinar with Julie Jargon, Wall Street Journal's Family & Tech columnist covering technology's impact on families' lives, and Bahia El Oddi

- Harvard Alumni for Mental Health, June 2022.

[What Are the Positives of Social Media for Teens?](#)

Over the past 10-plus years, a growing body of research has revealed the negative impact of social media and technology use on teen and young adult mental health. However, a new review study suggests that these findings may be exaggerated. As a result, experts are looking at how to use the positives of social media and the plugged-in youth culture to help young people thrive.

– Newport Academy, February 2020.

4. Getting support with knowledge and guides

[Teens and Tech, The Winston National Center on Technology Use, Brain, and Psychological Development.](#)

The mission of the Winston National Center on Technology Use, Brain, and Psychological Development is to create and disseminate knowledge regarding the use of technology on the developing mind and brain. The Center studies both positive and deleterious uses of technology (including, but not limited to, smartphones/tablets, social media, gaming devices, and smart speakers) on neural, social, behavioral, and psychological outcomes. The Center's work primarily focuses on childhood and adolescence, with an emphasis on individual differences. Technology does not impact all youth in the same way, so the Center's goal is to identify which youth might thrive and which might be at risk in the face of digital technology.

[Parent Guides from ConnectSafely.](#)

By parents, for parents: A growing collection of clearly written guidebooks that demystify apps, services and platforms popular with kids and teens. In PDF format. Feel free to download, print and share.

[Center for Human Technology Youth Toolkit.](#)

For school districts, educators, mental health advocates, young people, and other leaders alike, this Youth Toolkit helps high school and college students navigate — and push to change — a broken social media environment.

[Social media guidelines - 13 and older.](#)

From cyberbullying to responsible posting - NYC Public Schools