Social-~~Media~~ Mania

Social-Media's Negative Impact on Mental Health Short Film
==4-Minute Maximum==
Scoring Guide

Is there a link between social media and depression and anxiety? Can the use of social media directly impact one's emotional wellness, physical, and mental health? Studies suggest that many people, including youth, are dependent upon social media and the results of that can be debilitative. While social media, in theory, is a great tool for staying connected with family and friends, when the tool becomes overused or takes the place of face-to-face communication, it can affect one's ability to function socially and cope with life's stressors.

Social media also comes with lots of risks including:
- Fear of missing out (FOMO).
- Exposure to inappropriate, upsetting, or even traumatic content.
- Access to inaccurate information.
- Exposure to online predators.
- Exposure to cyberbullying.

Social media can also lead to feelings of pressure to present a perfect version of yourself. Tweens and teens may feel the need to compete with peers and craft an identity that allows them to be seen as popular.
A survey of 1,500 Americans found that:
- 86 percent of those ages 16 to 24 reported that social media directly negatively impacts their happiness.
- 85 percent reported negative effects on self-esteem.
- 85 percent reported negative effects on self-image.
- 83 percent reported an increase in anxiety.
- 81 percent reported an increase in loneliness.
- 79 percent reported an increase in depression.

THE GOAL: Produce a powerful short film that educates the viewer on how the algorithms built into social-media platforms create addiction and equips and challenges the viewer to make intentional decisions to guard against social-media addiction and its negative impact on mental health.

Required Content:
- In basic terms describe how social-media computer algorithms are purposefully designed and how this can lend itself to addiction to social-media *(i.e. stimulating the dopamine driven reward center in the brain through customized content, nudges, alerts, etc.).*
- Objectively show data on the negative impact of social-media on the mental health of youth.
- Call to Action: Provide education on practical tips for social-media use

Points Possible	Criteria
20	Video describes, in basic terms, how social-media computer algorithms are designed and how this can lend itself to addiction to social-media *(i.e. stimulating the dopamine driven reward center in the brain through customized content, nudges, alerts, notifications, etc.).*
20	Video clearly and objectively demonstrates the negative impact of social-media on a person's mental health with a focus on youth.
20	Video challenges the viewer with a "call-to-action" regarding social-media limitations that are appropriate, practical and supported by evidence.
10	Video follows basic film techniques (rules of thirds, transitions, lighting, jump-cuts).
10	Highlights resources to help in the event there are mental health issues.
10	Video provides current and accurate data and statistical information in easy to grasp "data visuals".
10	General audio quality is balanced throughout the film
Extra 5	Video is available in both English and Spanish (audio or subtitles)

References to Help Gather Data and Recommended Lifestyle Changes:

1. **The Social Dilemma (documentary and "take action")**
   https://www.thesocialdilemma.com/
   https://www.thesocialdilemma.com/take-action/
   https://www.thesocialdilemma.com/social-media-reboot/

2. **Social Media and Youth Mental Health: How to Find Balance After Pandemic Spikes in Use**
   https://www.healthline.com/health/mental-health/social-media-and-youth-mental-health-how-to-find-balance-after-pandemic-spikes

3. **Child Mind Institute**
   https://childmind.org/article/is-social-media-use-causing-depression/

4. **McLean Hospital**
   https://www.mcleanhospital.org/essential/it-or-not-social-medias-affecting-your-mental-health

5. **Very Well Mind**
   https://www.verywellmind.com/social-media-and-depression-5085354

6. **National Library of Medicine**
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4183915/

7. **Penn Medicine**
https://www.lancastergeneralhealth.org/health-hub-home/2021/september/the-effects-of-social-media-on-mental-health

8. **NAMI**
https://www.nami.org/Your-Journey/Kids-Teens-and-Young-Adults/Teens/Social-Media-and-Mental-Health

Prevention Programs:

1. **WIKI HOW**
https://www.wikihow.com/Limit-Social-Media-and-Internet-Use

2. **Unscreen.org**
https://unscreen.org/how-to-reduce-social-media-use/

3. **No Side Bar**
https://nosidebar.com/limiting-social-media/