



ella\_andy

# TEENS AND SOCIAL NETWORKS?

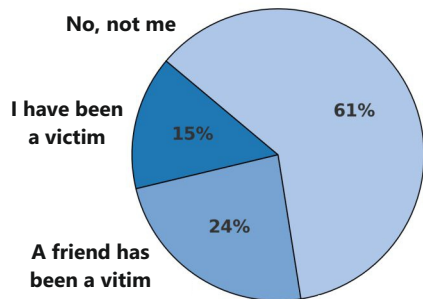
Social networking is an essential part of life today, especially for children and teenagers. However, it also brings problems, such as addiction or the spreading of untruths. The aim of the study was to find out how social media affect today's teenagers and how they use it.



The data were collected through an online form that was completed by 156 high school students at our school (15-18y).

## Have you ever encountered cyberbullying?

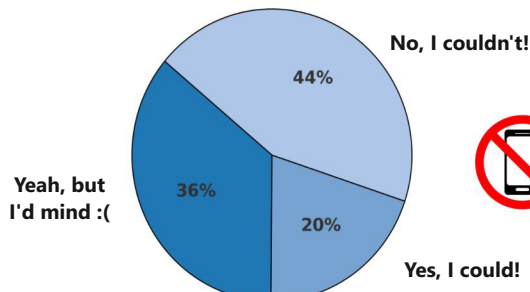
We have asked students if they have ever encountered cyberbullying, either as a victim themselves or if it happened to someone in their community. About a quarter of students said that they have encountered it, and about a sixth had been directly victimised. Cyberbullying is a major problem, with many cases involving the posting of explicit photographs.



linka bezpečí

## Could you go a week without a phone?

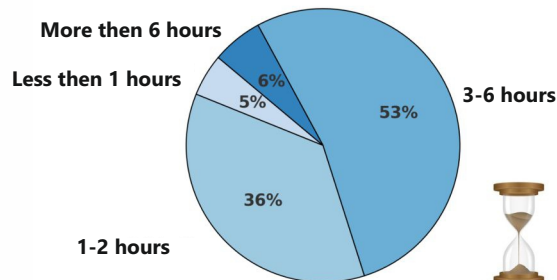
Based on this question, we have found that only about a third of teens could complete the challenge. This trend shows how strong the need to always have a mobile phone at hand is, which could lead to addictions and various psychological problems.



**Conclusion:** 'In our study, we have found that many adolescents **have a problem with addiction** to social networking sites, which they use primarily for entertainment. The good news is that there are still those who can **use social networks sensibly**. In the digital world, it is important to strike a balance and **use social media critically** to be truly beneficial!'

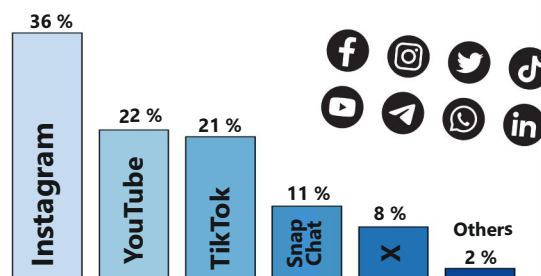
## How much time do you spend on social media each day?

Half of the students said that they spend three to six hours a day on social media. However, a maximum of one to two hours a day is considered safe.



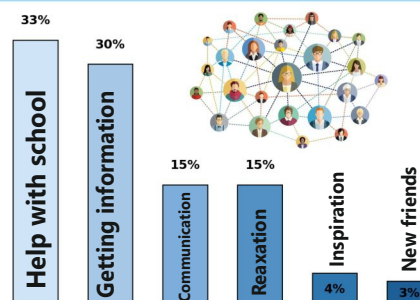
## What social media do you use? What do you do on them?

The most used is Instagram, followed by YouTube and TikTok. And what activities do students do on these sites? Most of the answers were "scrolling", browsing content and entertainment. Only a small portion of students admitted using the sites for self-education.



## How do social media help you?

Most students use it to get help with school and to gain new information. Other reasons for using it are communication and relaxation. But is the information found on these networks always true and relevant?



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