



Sock it to eating disorders

April 11, 2024 | #sockittoeds

WHAT WE THINK... NO FILTER

The impact of social networks on young people's self-esteem and body image

Before starting the [WHAT WE THINK... NO FILTER](#) activity, give an introduction to the impact of social networks on self-esteem and body image.

INTRODUCTION

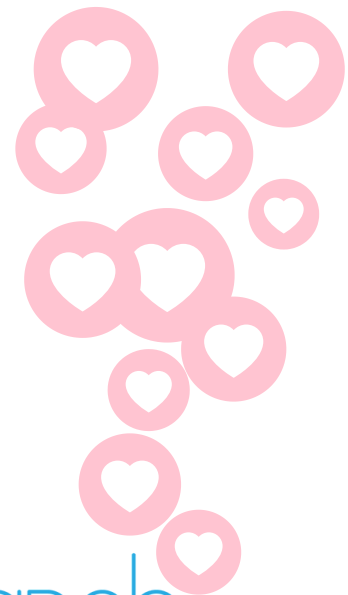
Social networks have been part of our lives, especially for young people, for several decades now. They're powerful tools for communicating. Yes, they're convenient and help us connect with people, but be aware that they also have a side that can be very harmful to our mental health. Social networks can have a significant impact on eating disorders, particularly by influencing attitudes, behaviours and perceptions around food and body image.

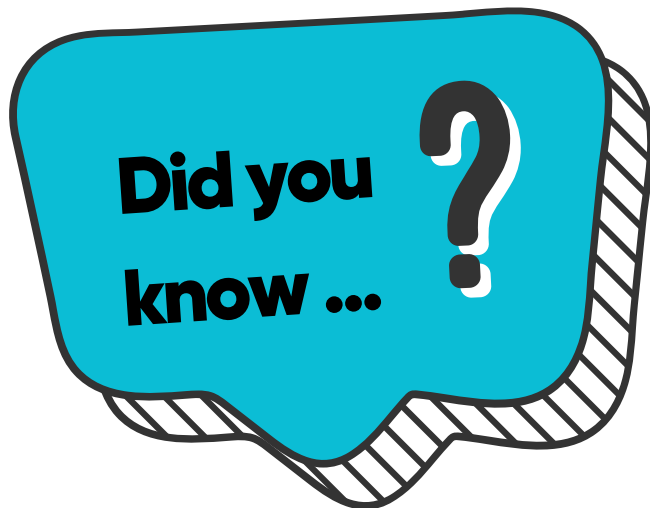
- 1 I'd like to know the **advantages** of using social networks
(Wait for answers)

Possible answers : communicating easily with friends and family, keeping informed about events, sharing our interests with others, making friends, etc

- 2 What are the **disadvantages** of using social networks?
(Wait for answers)

Possible answers : getting obsessed with looking at our feed, negative comments from others about us, feeling like we don't measure up, negative feelings such as low self-esteem and negative body image when comparing ourselves to others, meeting dishonest strangers, etc.





Some facts and statistics to share with young people

- A study conducted in 2020 confirmed that 80% of Canadians under 13 have used a filter to change their appearance.
- 37% of girls aged 10 to 17 don't think they're beautiful enough without photo retouching.
- According to another study done in 2022, toxic beauty advice causes low self-esteem in 1 out of 2 girls.
- Social networks, when not used properly, can have harmful effects on mental health. The human brain doesn't develop self-control until around age 25. This makes it more difficult for young people to know when to limit their social network exposure and how to learn to look critically at what they're seeing.
- The big social networking companies, being profit-driven, are looking for young people who are suggestible. Young people are easier to influence because they're still developing, looking for peer approval and are more impulsive.
- Whenever we visit a website, algorithms are at work in the background, influencing what we see based on our interests and connections, on how often we go to a website, what we look for and how we use it.
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WHAT WE THINK... NO FILTER

The impact of social networks
young people

That's why we recommend...

- 1 Detoxing your feed
- 2 Limiting your exposure to social networks
- 3 Developing critical thinking
- 4 Spending time doing other activities
- 5 Adding more positive influencers or sites
- 6 Talking to trusted adults about what you see and hear on the networks.

ACTIVITY

We're now going to do an activity together: **saying what we think, no filter.**

Before we start, you can cut out questions and put them in a box. In rounds, a question is chosen by a student and answered by the class, or the teacher can simply present the questions to the class.

WHAT WE THINK... NO FILTER!

QUESTIONS TO CUT OUT



- What social networks am I on?
- How do social networks make my life better?
- Why am I on social networks?
- What are the impacts or potential impacts of social networks on my life?
- A difference I've seen between an influencer's account and an ordinary person's account.
- What can I do to encourage and promote body diversity on social networks?
- What are the beauty standards seen on social networks?
- Is it important for me to have lots of Likes and Followers? Why?
- Is it easier for me to look for help on social networks than in person? Why?
- Is it possible to achieve the beauty standards seen on social networks?
- How do the beauty standards seen on social networks affect the way I see my body or my weight?

