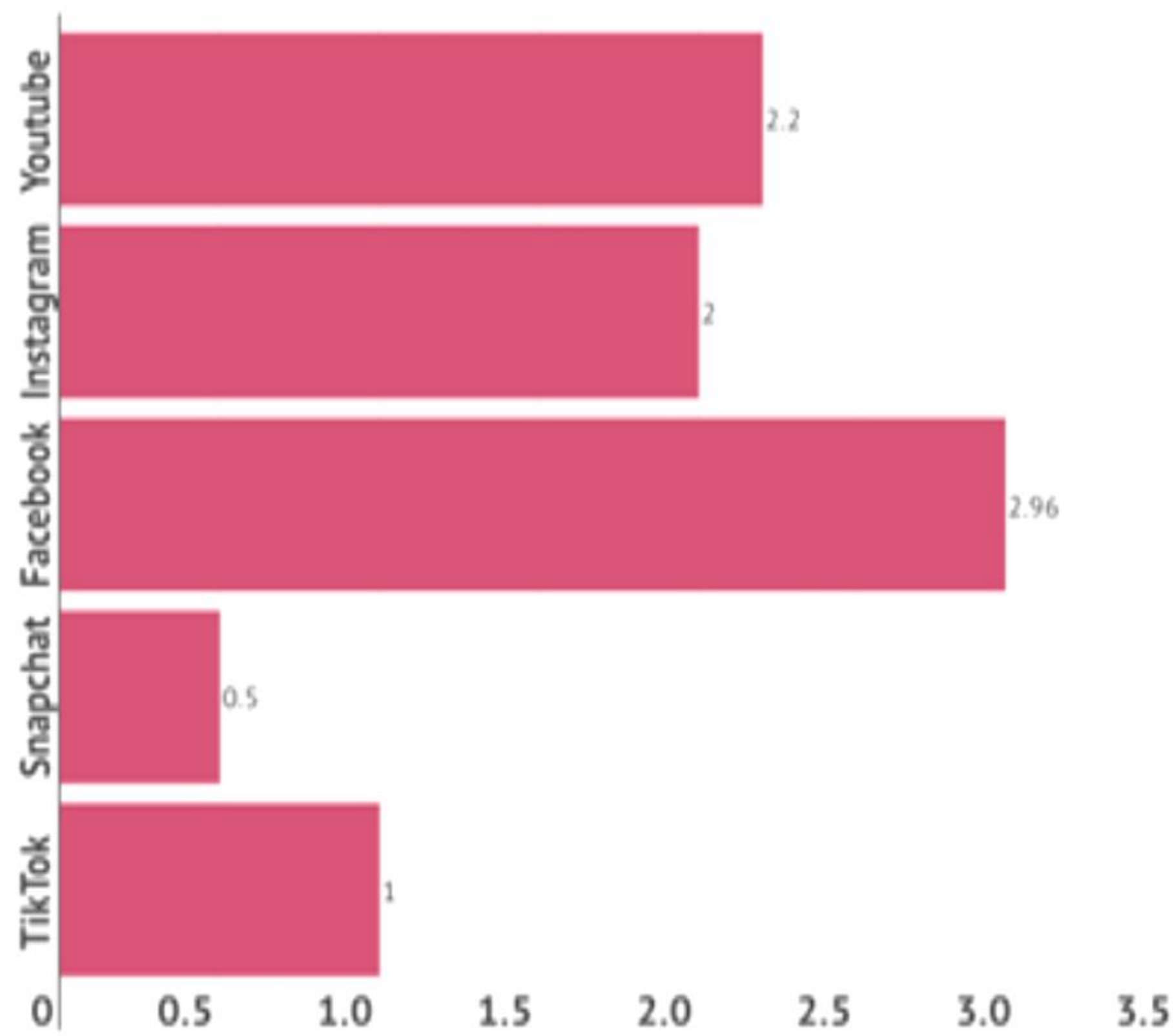


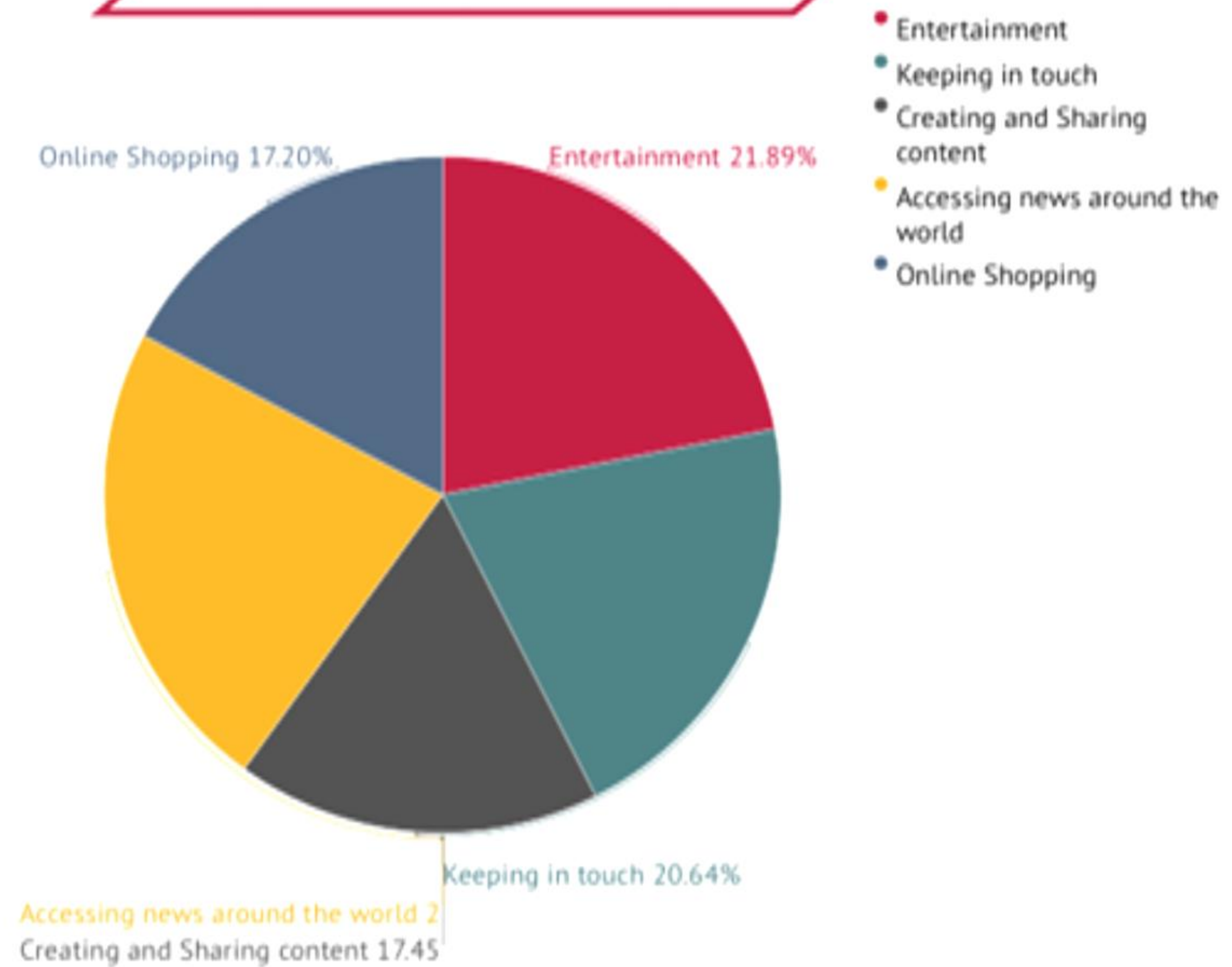
Effects of Social Media on Mental Health

Active users on different platforms

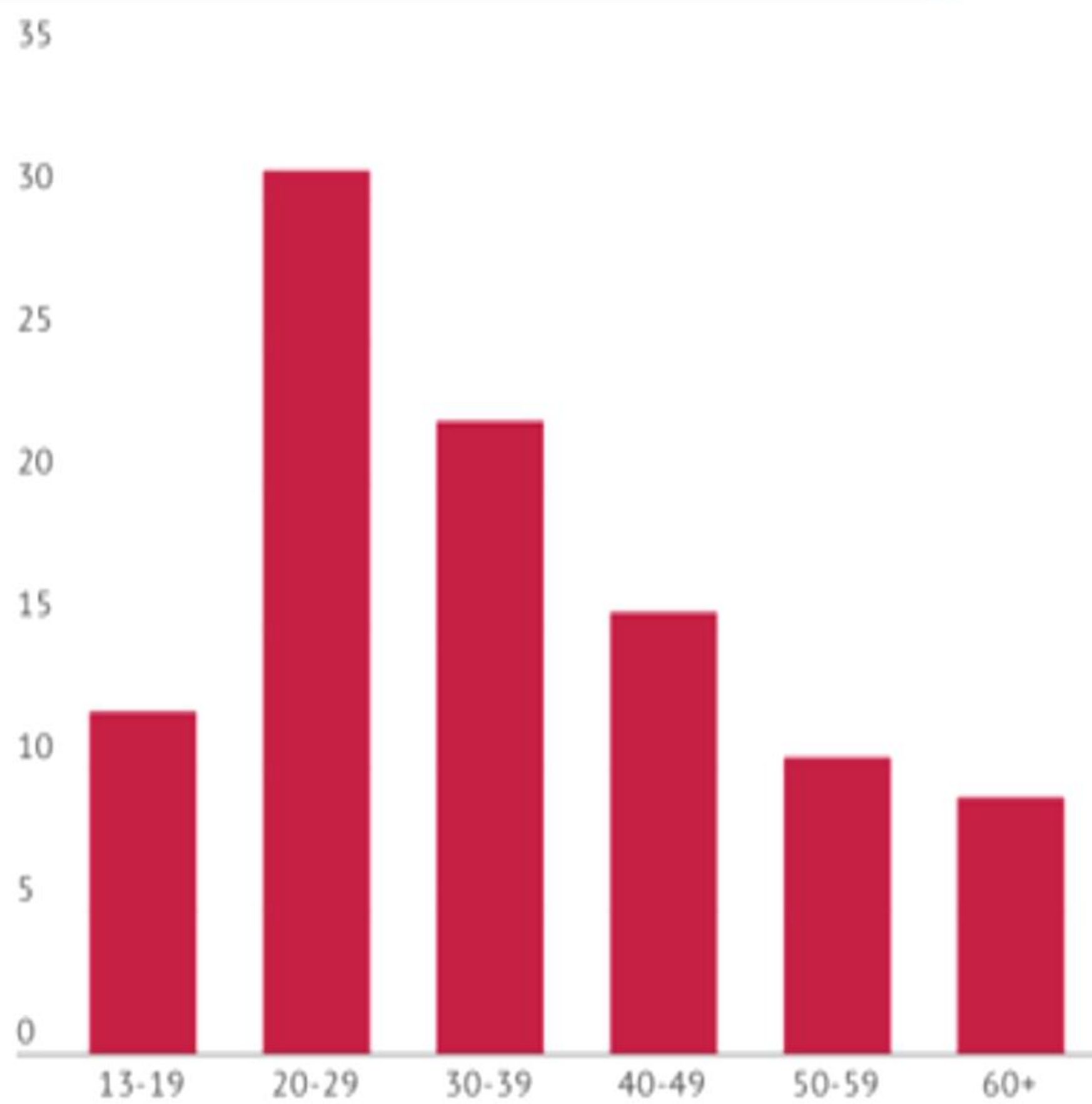


Youtube and Facebook have the highest number of monthly active users but Instagram and Tik Tok aren't far behind

Most uses of Social Media



Social Media usage among different age groups



Experiences of CyberBullying in 2019



How to use social media responsibly?

Limit Usage

Monitor Emotiouns

Respect Others

References

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2. Relaxnews, A. F. P., AFP Relaxnews, Gupta, M. S., & Paul, T. (2022, November 10). The top 10 reasons people use social media. Prestige Online - Malaysia. Retrieved March 30, 2023, from <https://www.prestigeonline.com/my/lifestyle/gadgets/10-reasons-people-use-social-media/>