# Sarah Ferguson warns of social media’s rising threat to young people’s mental health



Sarah Ferguson, the Duchess of York, has expressed her deep concerns regarding the impact of social media on future generations in a heartfelt statement aired through LBC. In her commentary, the 65-year-old mother of two reflected on her own struggles with social media, admitting that she once devoted considerable time and energy to trying to please everyone.

Ferguson articulated her worry about the potential dangers that young people face in the digital landscape. "I am increasingly concerned about what the next generation face in terms of commentary on social media,” she stated, highlighting that the issue extends beyond public figures to include young children who may become targets of cyberbullying and trolling.

While she acknowledged that social media can serve as "great platforms for communication," Ferguson described it as a "nightmare" at times. She bluntly characterised much of online discourse: "Let’s be honest, much of it is an absolute sewer. People say things to each other they wouldn’t dream of saying in the real world." The former wife of Prince Andrew expressed her sadness over the cruelty that permeates these interactions, noting the troubling effects this can have on individuals, particularly the youth.

Reflecting on her own experiences in the public eye since the 1980s, Ferguson recounted "intense and sometimes cruel scrutiny" from the media. In this context, she remarked that the subject is far from trivial. She pointed to increasing levels of anxiety and depression among young people, with excessive social media use linked to heightened stress, sleep issues, and even self-harm.

Ferguson's statements come amidst ongoing discussions about the role of social media in shaping public discourse and its effects on mental health, further underscoring the need for awareness and perhaps intervention regarding its impact on young users.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

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