# Study Examines Impact of Social Media on Mental Health of LGBTQ+ Youth and People of Color



A recent report by Common Sense Media and Hopelab sheds light on the pivotal role social media plays in the lives of young people, detailing both benefits and drawbacks, especially among LGBTQ+ youth and people of color. Released on Tuesday, the report reveals findings from a study conducted by the National Opinion Research Center at the University of Chicago involving 1,274 teens and young adults.

Key insights highlight that while social media is valued for social connection, self-expression, and information, it also negatively impacts attention spans, confidence, and overall happiness. The study found that nearly half of the young participants experienced some degree of depression, with higher rates among LGBTQ+ youth.

The research underscores that youth with depression are more prone to social comparison but also adept at curating supportive online environments. It was noted that LGBTQ+ youth and people of color face greater harassment and stress online but also seek and find community and resources.

In 2022, national youth mental health crises were outlined with social media being a focal point. Despite the decline in depressive symptoms from pandemic highs, levels remain elevated compared to 2018. Efforts to address these issues emphasize the need for social media platforms to prioritize youth well-being over engagement metrics.