

**Social Media's  
Impact on  
Teenagers  
LogBook  
Science Fair  
2025-2026**

LogBook

August 13, 2025:

Dear Logbook,

Today I started to look at the CYSF program. I believe it's a great opportunity for me to explore my interests further.

I've been looking at some ideas, mostly all research projects, but here is what I've come up with.

- Plants and photosynthesis
- AI and its impact
- Social Media Impact

All of these ideas are vague, but the social media one is really sticking out to me.

August 14, 2025

Dear Logbook

Today I looked further into each topic.

- Plants and photosynthesis: See the process of photosynthesis and how it differs in types of plants.
- AI and its impact: See how AI started and see the evolution through the upcoming centuries.
- Social Media Impact: See and research how social media can impact people's lives in different ways.

When studying these topics, I realized the social media impact project is something I'm more intrigued by and interested in, as I am a person who uses social media, and I would learn more about this while doing a project.

August 18, 2025

Dear Logbook

My topic for my project is: Social Media Impact on Teenagers

I chose to specify what type of age group I would be looking into, and I feel teenagers are the most vulnerable and most consumed with using social media.

July 20, 2025

Dear Logbook

Today I looked more into this research project, and while doing some research I came up with the three major categories of this project, which I will be researching and collecting data for.

Social Media Impact on Teenagers

- Physical Health
- Mental Health
- Social Relationship

August 22, 2025

Dear Logbook

Today I did more research on the 3 categories.

- Physical Health: The way your body acts and functions.
- Mental Health: Your overall well-being; it influences your feelings and emotions.
- Social Relationships: The connections, friendships, and relationships you have in life.

As well as that, I have started to create a list of other topics I would like to investigate with the Impact of Social Media.

- Content and enjoyment
- Social media usage + platforms

August 27, 2025

Dear Logbook

Under the three major categories, I have created a list of ideas that should be further investigated.

- Physical Health
  - Sleep and health effects
  - Physical Activities
- Mental Health
  - Perception and Online Reality

- Emotional Impact and Mental Health
- Self-Control and Awareness
- FOMO
  
- Social Relationship
  - Communication and Social Interaction
  - Social media with School Life
  - Cyberbullying\Safety and Rules

August 30, 2025

Dear Logbook

In order for me to fully understand the concept of social media's impact on teenagers, I need to understand the background, which is why I have started my background research. The thing I want to focus on is: the brain, how social media started, the good and bad stuff about social media. I'm not too sure what else, but I will research on the way.

### **BACKGROUND RESEARCH!! (1)**

Social media is a form of digital communication used globally, starting in the mid-1990s, used rarely in the early stage and quickly progressed into everyday life. Social media has many uses, but some of the main uses are: connecting with friends and family, using it as a way of entertainment by watching videos created by bloggers, sharing thoughts, ideas, and comments as a way of expression, and using it as a way to see what is going on around the world. Social media's presence in our lives has had an increasing effect since the mid-2000s, when Facebook and YouTube started their online presence, and from there it only increased with more platforms and ways to use it.

Timeline for some major platforms:

1995: Classmates.com

1996: SixDegree.com

1997: BlackPlanet.com

2002-2003: Friendster.com and Myspace.com

2004-2005: Facebook and YouTube

With all this social media at the tip of our fingertips, teenagers have had a whole lot more access to it. From being mostly for young adults in the mid-2000s, it switched and became more used by teenagers, and to this day is still used by teens and young

kids. The effects of social media have been crucial, mostly in three ways: social relationships, physical activities, and mental health.

September 3, 2025

Dear LogBook

Today I will continue to research

## **Background Research (2)**

### **Before social media**

Before social media life was based on in-person socializing, landline phone calls and was more in person acts rather than behind the screen. Without social media you had to do in person activities such as sports, hanging out with friends, doing extra extracurriculars and other daily activities.

### **COVID-19 and social media**

Many studies investigate the impact of social media before and after the Covid-19 Pandemic. While the usage was drastically higher, teenagers started to heavily rely on social media, either as a source of information, entertainment or just another way to

contact others. During Covid-19 young people were drastically affected, with schools being shut down and everyone being isolated and alone. Daily screen time was increased.

### **Post Covid-19**

New research from the University of South Australia found that social media use among children and teens had risen by more than 200 per cent since before the COVID-19 pandemic. According to Statistics.com, the average person spends 151 minutes on social media each and every day! 151 minutes of social media a day is 55,115 minutes per year, which is 918 hours or 38.27 straight days a year. That is over one month out of every year on social media without pausing to eat or sleep.

September 8, 2025

Dear LogBook

Continuing Background Research

## **Background Research (3)**

### **The five major social media platforms**

YouTube, TikTok, Facebook, Instagram, and Snapchat.

**Snapchat:** In July 2011, an app for disappearing pictures was called pica-boo, but only a few months later was rebranded into Snapchat. Initially created by Stanford University's students as a project.

**Instagram:** Launched in 2010 as a mobile photo-sharing app, later acquired by the meta platforms Inc. However, on its first release date over 35000 people signed up.

**TikTok:** Created by the Chinese technology company, initially launched in 2016 in only China, but due to its increasing popularity in 2017, it turned into an international version.

**Facebook:** Launched February 4, 2014, by Mark Zuckerberg (owner of Meta Platforms). Originally called TheFacebook, it was originally just for communicating with Harvard students, and in 2007 was shared with other universities and the public.

**YouTube:** Founded in 2005 by PayPal employees, who thought it was hard to share videos. With the first video being published on April 23, 2005, not Youtube is used by almost everyone.

September 12, 2025  
Dear LogBook

Continuing the background research.

## **Background Research (4)**

### **Healthy Social Media**

Social media allows teenagers to create an online identity, making them connect with others and build a social network/relationships. While building on who they are as finding hobbies, interests and could allow them to explore new things. Not only does social media help people who feel lonely and lack support in person to find people to talk to, creating a safe place for some teenagers, allowing them to find happiness online.

### **Unhealthy Social Media**

Social media could be a place where teenagers go to, to feel safe and have a social network, but with too much social media, it is known that there are more side effects added to how your mental health is affected. In a study focusing on 12–15-year-olds in

In the United States, spending three hours a day using social media was linked to a higher risk of mental health concerns. Mental Health Concerns included problems like getting distracted from studying and homework, disturbing sleep schedules, exposure to cyberbullying, showing unrealistic things about other people's lives, and being vulnerable by giving personal information.

Moreover, mental health can be seriously affected by how you interact with other people online. Starting a fight or experiencing cyberbullying can make situations much more intense, especially because online harassment can happen 24/7. This constant stress can even turn places that are supposed to feel safe, like your home, into stressful environments.

September 15, 2025

Dear Logbook

Continuing the Background research

## **Background research (5)**

### **The Brain and Social Media:**

Social media acts as a "dopamine slot machine", which is a metaphor to explain how digital devices, specifically social media apps trigger the brain, creating addiction, short attention spans, and messing with your memory skills. Social media has a way of persuading our brain, pushing us to continue clicking, scrolling, and engaging in social media. Our cognitive biases, which is our unconscious thinking that changes our judgment and decision-making, make us vulnerable to these features. Some of

the ways social media exploits our vulnerabilities are,

**Creating urgency**, these social media apps create notifications that constantly trigger our Salience Network, which is the part of our brain that is crucial to alerting us to threats and opportunities. Most notifications are there to pull us to the app rather than giving us information.

**Engaging with negative content**, our brain always tends to focus more on the negative comments rather than the positive ones. Think of it as if you're scrolling through a video's comments, and there are 5 good and 1 bad, we tend to focus on the negative comments. Research shows that negative information gets more attention in our brain, and it changes our emotions as it causes fear, and our behavior. Social media content that generates this type of fear and anger often sees more engagement than positive content.

**Comparing ourselves to others**, social media creates an area where we constantly compare ourselves to others, making our brain focus attention on ourselves and then seeing the difference with others. Our brains tend to take information from online and start to adapt that way so we can socially fit in.

**Stress and anxiety**; Studies show that some people experience Phantom Vibrations, which is the sensation of their phone vibrating when it isn't. This happens when the brain is so alert and has such a high anxiety rate that there is a

fear of missing a notification. Creating FOMO (fear of missing out), which can lead to even higher cortisol levels, which reduces our response rate and develops anxiety and depression.

**Neurochemical Imbalances.** Research suggests that excessive screen time may impact the balance of neurotransmitters like *GABA*, which has inhibitory effects, and Glutamate, which has excitatory effects. An imbalance in these neurotransmitters can contribute to mood disorders, anxiety, and cognitive dysfunction. Social media may also affect the level of serotonin (a neurotransmitter) that is associated with blood regulation. Low serotonin levels link us to depression, anxiety, and other mood disorders. The prefrontal cortex, which is located at the front of the frontal lobe, is the brain's command center, so high-level cognitive functions that impact our decision-making, planning, and personality. The fact that this part of the brain does not fully mature until we reach our 30s impacts teenagers' ability to control their scrolling behaviors and monitor emotional triggers.

And with that, my background research is complete!!!!

September 16, 2025

Dear Logbook

For the Science Fair project, I will need a problem/hypothesis which represents what I believe the outcome of the project will be.

My personal problem and hypothesis:

### **Problem**

Social media has not always been a part of our lives, but as technology has advanced, society has shifted from personal interaction to having one or two or more social media platforms used on a daily basis. These platforms allow people to connect and interact with one another and allow personal growth. The rapid increase and constant use of social media may have an impact on mental health, physical health, and social relationships. Whether or not we realize the impact, there is one, which might be big or small. Therefore, this research aims to investigate how social media usage impacts our students and how. Not only that, increased time spent on these platforms is linked to negative emotional or social effects on our society.

### **Hypothesis**

If teenagers start/already use social media on a daily basis, then they might begin acting, thinking, and feeling differently because social media affects the way our brain works. Things such as the constant exposure to notifications, videos, and online interactions change how teenagers process information, react to different situations, and how they view themselves and others. Over a period of time, continuous usage of social media at an extent may impact their attention span, emotions, and behaviour, changing their daily habits, mental health, social relationships, and how they physically act.

Over the past few days I have realized that in order to really understand how social media really impacts teenagers is to ask them. The only question is how would I be able to go around and ask teenagers how social media impacts them?

September 18, 2025  
Dear Logbook

I will be creating a table that I will be using to keep on track.

September	October	November	December	January	February	March
-Background Research	-Collecting Data	-Collecting Data	-Data analyzing	-Fill out other information	-Start to fill out CYSF website -conclusion	-Last-minute changes -Submit!

I have found the idea!

I could create a google form, and could share it with people I know and it could easily be spread allowing me to collect data pretty easily!

September 20, 2025  
Dear Logbook

Today I started to create my google form. Its taking some time but some of the questions I've come up with so far are;

- 1) Your grade
  - Short answer
- 2) What social media platform do you use?
  - snapchat
  - instagram
  - tiktok
  - youtube
  - other
- 3) At what age did you start using social media?
  - short answer
- 4) Do you think the stuff you see on social media is fake or real?
  - fake
  - real
  - in-between
- 5) Do you speak to people more online or in-person?
  - in-person
  - online
  - both
- 6) Do you communicate with people online but not in person?
  - yes
  - no

- 7) How do you feel when someone does not reply to you/ ghosted
  - short answer
- 8) Do you ever feel FOMO (fear of missing out) when you see others on social media posting with friends.
  - yes
  - no
  - sometimes
- 9) Do you feel more confident online or in-person?
  - online
  - in-person
- 10) Who do you add/follow on social media?
  - family
  - friends you know in person
  - people you do not know in person
- 11) What time of day do you enjoy using social media the most?
  - morning
  - afternoon
  - evening
  - late at night
  - any time of the day
- 12) Do you ever get into disagreement with people you know on social media?
  - yes
  - no
- 13) Do you set any personal limits on how much social media you use each day?
  - yes
  - no
- 14) Can you tell me when it's a good time to take a break from social media?
  - yes
  - no
- 15) How do you usually feel after using social media?
  - neutral
  - relaxed
  - happy
  - tired
- 16) How does social media use affect your sleep, if at all?
  - Helps me relax / sleep more
  - Does not affect my sleep
  - Sometimes affects my sleep
  - Affects my sleep always
- 17) How do you balance studying with checking social media?
  - I take short breaks while studying
  - I don't use social media when studying
  - I multitask

- I check it often
- 18) How much time do you usually spend on social media each day?
- Less than 1 hour
  - 1-2 hours
  - 3-4 hours
  - 5+ hours
- 19) What type of content makes you happy?
- Funny videos
  - Friends post
  - Educational videos
  - Motivational posts
  - Sports or hobbies
- 20) Do you feel supported or connected when using social media?
- Yes
  - No
  - sometimes
- 21) Do you use social media for school-related purposes (group chats, learning videos, etc.)?
- yes
  - no
  - sometimes
- 22) How do you feel when not using social media?
- lonely
  - tired
  - upset
  - happy
- 23) What do you enjoy doing when not on social media?
- Sports or exercise
  - Hanging out with friends
  - Watching TV
  - Gaming or hobbies
- 24) Does social media affect you more positively or negatively?
- Positive
  - Negative
- 25) When not using social media do you ever feel left out or less confident?
- Yes
  - No
- 26) Have you ever experienced bullying?
- Yes
  - No
- 27) Have you ever seen bullying on social media?
- Yes
  - No
- 28) Do your parents have rules on your social media?
- Yes
  - No
- 29) What do you like about social media?
- Short answer
- 30) What do you dislike about social media?

- Short answer
- 31) How much does social media impact your life
- Scale 1-5

September 22, 2025  
Dear Logbook

Today I finally posted my Google form on all my social media, and messaged the people I know to do it and to spread it around!

(I will be giving it a week for all the responses to come)

September 23, 2025  
Dear Logbook

It's been a full week since it has been published on all my socials and I've only gotten about 400 responses, so I'm thinking about giving it about a few more days and maybe I could republish it.

September 26, 2025  
Dear Logbook

I've been kinda busy with school stuff so I have not looked too much at it but I have gotten to 674 responses.

October 4, 2025  
Dear Logbook

Today I started to look at the responses and sort of realized a problem that has occurred. As there were many short answers and questions with the options there were just too many responses, and were very hard to track.

As well with some of my questions, I realized the options I had given were quite limited.

Opting in a conclusion to make a better form, with better questions and more organization.

October 6, 2025  
Dear Logbook,

I've been thinking about the new google form, and this time rather than rushing into it and just making the google form I will be creating all my questions first.

- When did you start using social media?
- How many social media platforms do you use daily?
- What social media platform do you use **most**?
- What social media apps do you use?
- How much social media do you use per day?
- At what time of day do you prefer to use social media?
- How often do you check social media?

- How do you balance social media with school work/homework?
- Do you use social media as the first thing you do when you wake up?

October 9, 2025  
Dear Logbook

I will still be searching for more questions for my google form.

- Do you use social media for school-related purposes (group chats, learning videos, etc.)?
- Do you use social media at school?
- Has social media ever affected your grades?
- Does social media help you feel more connected to people at school?
- Do you speak to people more online or in person?
- Do you think social media improved your friendships?
- Do you compare your life to what you see on social media?
- Do you ever feel FOMO (fear of missing out) when you see others on social media posting with friends.

I am re-using some of my old Google Forms questions, but this time I will be making alot more options as answers, and they will all be multiple choice.

October 15, 2025  
Dear Logbook

- Do you feel more confident online or in person?
- When not using social media, do you ever feel left out or less confident?
- Do you feel stressed when you see negative comments online?
- Do you set any personal limits on how much social media you use each day?
- Do you use tools like screen-time limits or app timers?
- Can you stop using social media when you tell yourself to?
- Do you feel happy or entertained when scrolling social media?

October 20, 2025  
Dear logbook

- Do you ever skip doing physical activities to stay at home to use social media?
- Have you ever been bullied online?
- Do you feel safe sharing personal information on social media?
- Do you mostly actively search for content you enjoy, or just scroll passively?
- Do you feel happy or entertained when scrolling social media?
- What type of content makes you feel the most positive?
- Do you use social media right before going to sleep?

October 24, 2025  
Dear Logbook

I think ive made most of the essential questions, maybe I'll make some more on the way but I will be categorizing them to make my google form a bit more organized.

November 2, 2025

Dear Logbook,

I have not worked on this for a while so I will try to categorize my questions all today.

### Demographics & General Usage

1. What grade are you in?  
6, 7, 8, 9, 10, 11, 12
2. When did you start using social media?  
Age 3-4, 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18
3. What social media platforms do you use?  
Snapchat, TikTok, Instagram, Reddit, YouTube, Pinterest, Facebook, Discord, Twitch, X (Twitter), WhatsApp, Telegram, Tumblr
4. What social media platform do you use MOST?  
Snapchat, TikTok, Instagram, Reddit, YouTube, Pinterest, Facebook, Discord, Twitch, X (Twitter), WhatsApp, Telegram, Tumblr, Threads, VSCO
5. How many social media platforms do you use daily?  
1, 2, 3, 4, 5, 6+
6. How much social media do you use each day?  
1-2 hours, 3-4 hours, 5-6 hours, 6+ hours
7. What time of day do you enjoy using social media the most?  
Morning, Afternoon, Evening, Late at Night
8. How often do you check social media?  
Every 10 minutes, 10-20 minutes, 20- 30 minutes, 1-2 hours, 3-4 hours, Every 5+ hours
9. Do you feel the need to check social media as soon as you wake up?  
Yes / No

### Physical Health

10. Do you use social media right before going to sleep?  
Yes / No
11. Does social media use affect your sleep?  
Yes / No

12. Do you feel more rested when you avoid social media before bed?  
Yes / No
13. Does social media reduce the amount of time you spend being physically active?  
Yes / No
14. Do you ever choose social media over exercise or sports?  
Yes / No
15. How often do you participate in physical activities?  
Daily, Once or twice a week, Rarely, Never
16. -Do you skip physical activities to stay home and use social media?  
Yes, No, Maybe
17. Do you ever not want to do something since it's easier to just be on social media?  
Yes / No
18. Do you set personal limits on daily usage?  
Yes / No
19. How often do you lose track of time while using social media?  
Always, Often, Occasionally, Sometimes
20. -Have you ever tried to reduce your social media use?  
Yes / No
21. Do you use tools like screen-time limits or app timers?  
Yes / No
22. Can you tell when it's a good time to take a break?  
Yes / No
23. Can you stop using social media when you tell yourself to?  
Yes / No

November 2, 2025

I got a bit tired yesterday, but my goal is to finish today!

### Mental & Emotional Health

24. Do you ever feel FOMO (fear of missing out)?  
Yes / No
25. How much does it affect you when someone does not reply / ghosts you?  
Does not affect you, Affects you a bit, Affects you a lot

26. Do you feel more confident online or in person?  
Online / In-person
27. How do you usually feel after using social media? (*Select all*)  
Happy, Calm, Relieved, Mad, Stressed, Tired, Guilty, Sad
28. When not using social media, do you ever feel left out or less confident?  
Yes / No
29. Does social media affect you more positively or negatively?  
Positively / Negatively
30. -How often does social media affect your mood?  
Very often, Sometimes, Rarely, Never
31. Do you feel stressed when you see negative comments online?  
Yes / No
32. How much does social media impact your life?  
Very little → A lot (scale 1–5)
33. Do you think the stuff you see on social media is fake or real?  
Mostly Fake, Somewhat Fake, Mostly Real, Somewhat Real
34. How often are photos or videos edited or filtered?  
Very often, Sometimes, Rarely, Never
35. Do you compare your life to what you see on social media?  
Yes / No
36. -Do you believe most influencers are being honest?  
Yes / No
37. Do you think social media creates unrealistic expectations?  
Yes / No
38. What type of content makes you feel the most positive? (*Select all*)  
Funny videos, Friends' posts, Educational content, Sports/hobbies, Motivational posts, Art, Podcasts
39. Do you follow accounts that teach you new things?  
Yes / No
40. Do you feel happy or entertained when scrolling?  
Yes / No

41. Are there types of content that make you feel stressed or anxious?  
Yes / No

### Social & Relationships

42. How do you balance studying with checking social media?  
Do not use while studying, Short breaks, Multitask, Check often
43. Do you use social media at school?  
Yes / No
44. Do you use social media for school-related purposes?  
Yes / No
45. Has social media ever affected your grades?  
Negatively, Positively, No effect
46. Do you feel pressure to respond during class?  
Yes / No
47. Does social media help you feel more connected at school?  
Yes / No
48. -Has social media caused drama or conflict at school?  
Yes / No
49. Who do you add/follow? (*Select all*)  
Friends, Family, Classmates, Clubs
50. Do you add/follow people you do NOT know in person?  
Yes / No
51. Do you speak to people more online or in person?  
Online / In-person
52. Do you talk to people online but not in person?  
Yes / No
53. How often do you message friends on social media?  
Daily, Few times a week, Rarely, Never
54. Do you think social media improved your friendships?  
Yes, No, No effect
55. Do you find it easier to make new friends online or in person?  
Online / In-person

56. Have you ever avoided someone in real life because of something online?  
Yes / No
57. Do you think social media causes more arguments between friends?  
Yes / No
58. Have you ever misunderstood someone because of a message or post?  
Yes / No
59. Have you ever reported bullying or inappropriate content?  
Yes / No
60. Have you ever seen a friend being bullied online?  
Yes / No
61. -Have you ever been bullied online?  
Yes / No
62. Do you feel safe sharing personal information?  
Yes / No
63. Do you read the terms and agreements when signing up?  
Yes / No
64. Do you know how to block or report someone?  
Yes / No
65. Do your parents or guardians monitor your social media activity?  
Yes / No
66. Do you mostly actively search for content you enjoy, or scroll passively?  
Actively search / Scroll passively

November 3

Dear Logbook,

Today I started to share my form with anyone I knew and told them to spread it around to people who know anyone between the grades 6-12.

November 6,

Dear Logbook,

Im at 169 responses,

November 12,

Dear Logbook,

I'm at 259 responses, I'm not sure when I should stop collecting data, maybe 500 responses?

November 25  
Dear logbook

I have not written in my logbook for a while but I have republished my google form many times, and I am at 634 responses. I feel like I have collected enough data for now and will not be republishing the Google form.

December 9,  
Dear logbook,

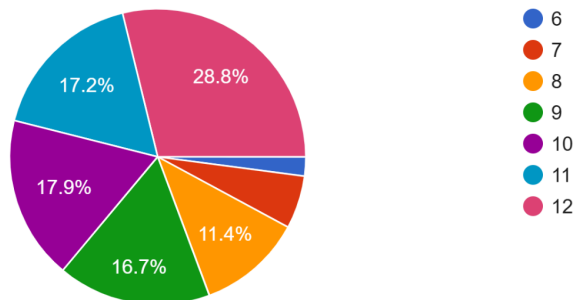
I have started to look through my data, as there are many questions, and it will take quite a while.

December 10.2025  
Dear LogBook,  
I will be putting all my data here.

## Demographics & General Use

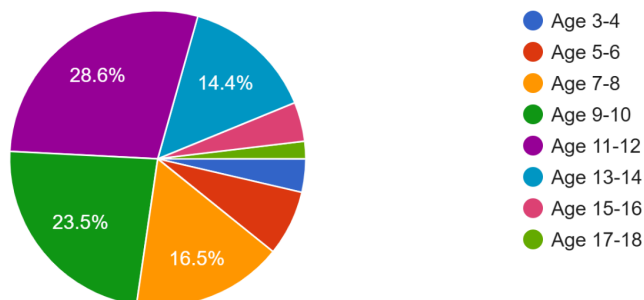
What grade are you in?

621 responses



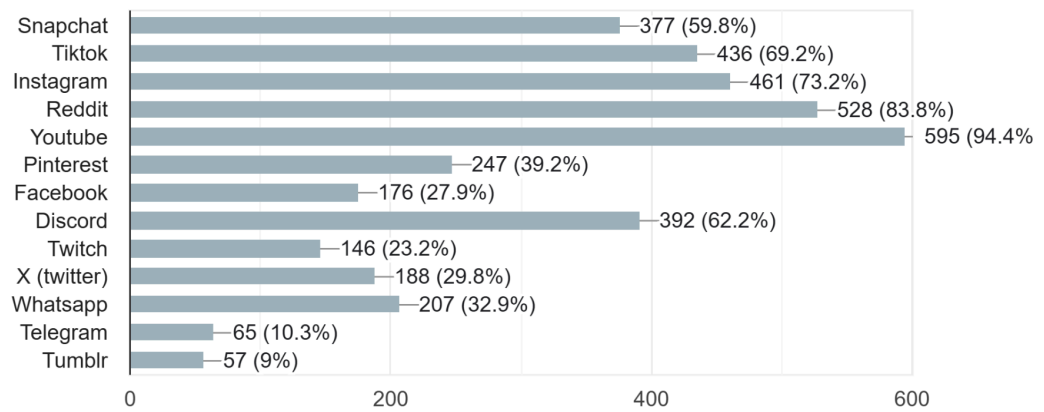
When did you start using social media?

630 responses



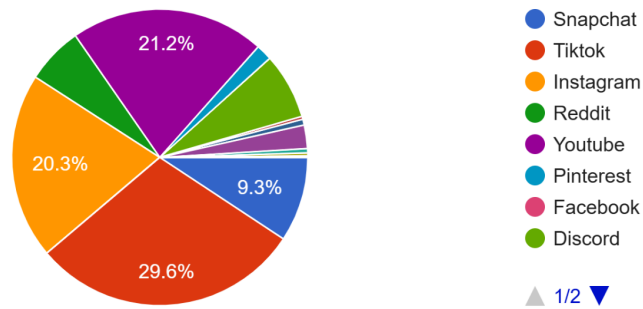
### What social media platforms do you use?

630 responses



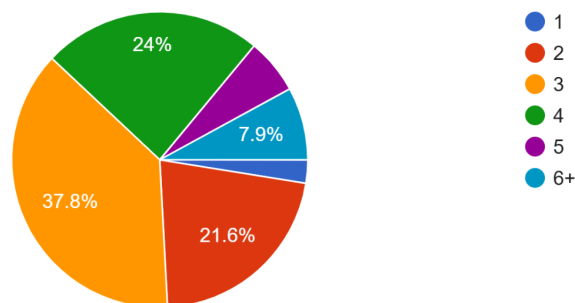
### What social media platform do you use MOST?

626 responses



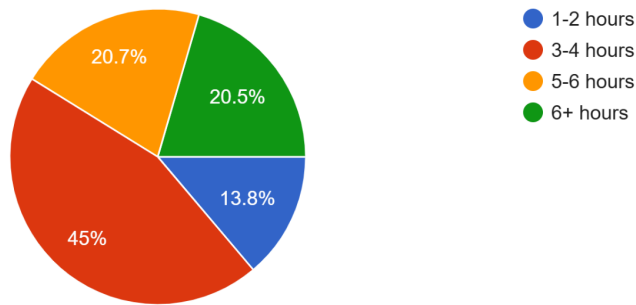
### How many social media platforms do you use on a daily basis?

629 responses



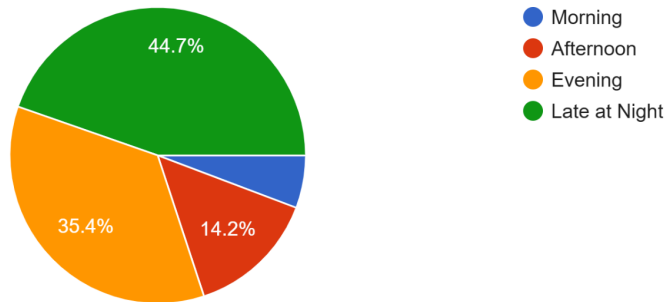
### How much social media do you use each day?

629 responses



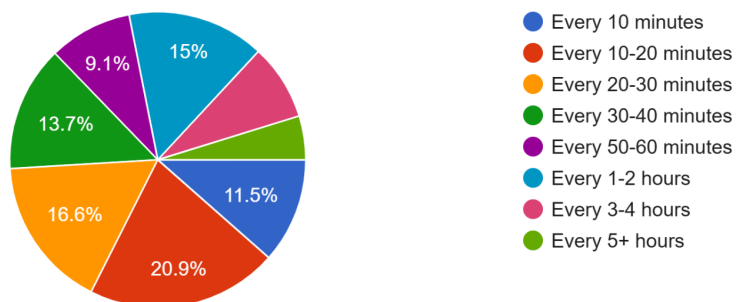
### What time of day do you enjoy using social media the most?

627 responses



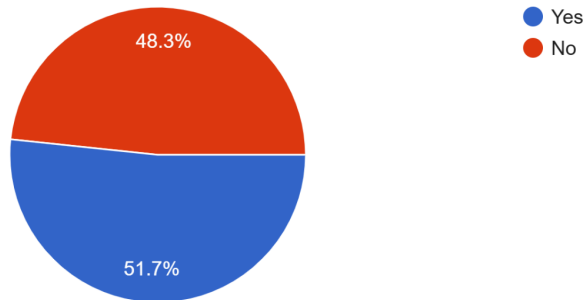
### How often do you check social media?

626 responses



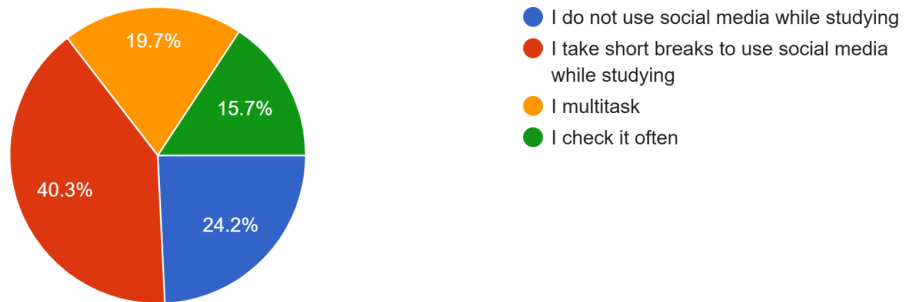
Do you feel the need to check social media as soon as you wake up?

629 responses



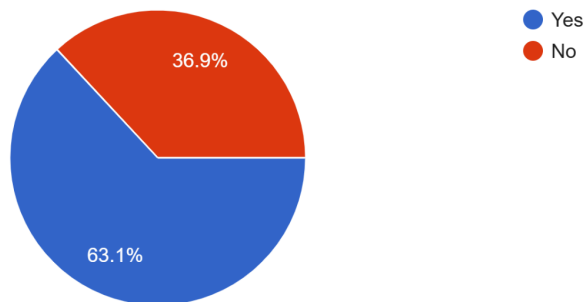
How do you balance studying with checking social media?

623 responses



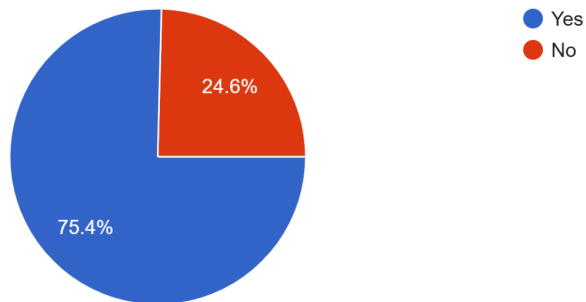
Do you use social media at school?

623 responses



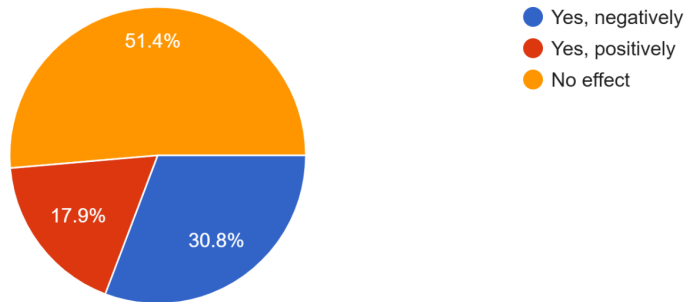
Do you use social media for school-related purposes (group chats, learning videos, etc.)?

622 responses



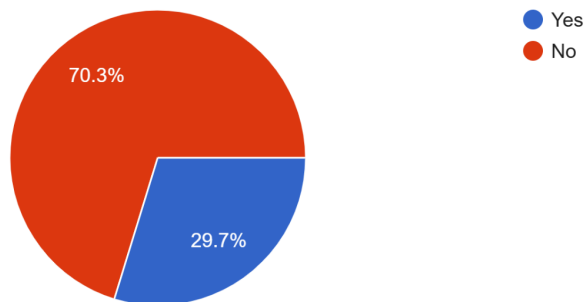
Has social media ever affected your grades?

621 responses



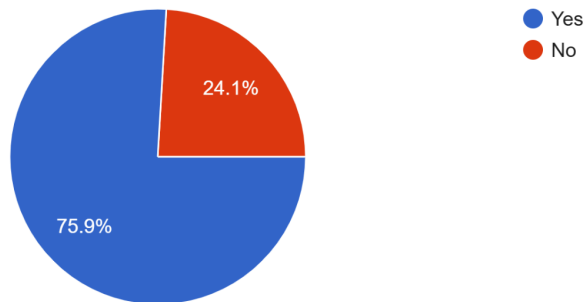
Do you feel pressure to respond to messages during class?

622 responses



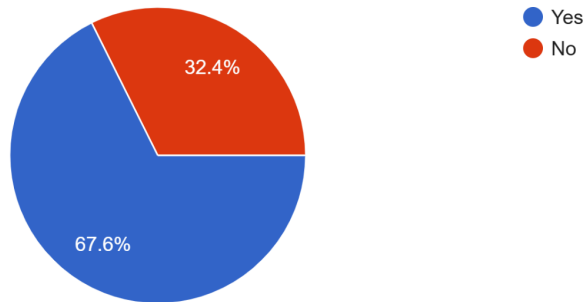
Does social media help you feel more connected to people at school?

623 responses



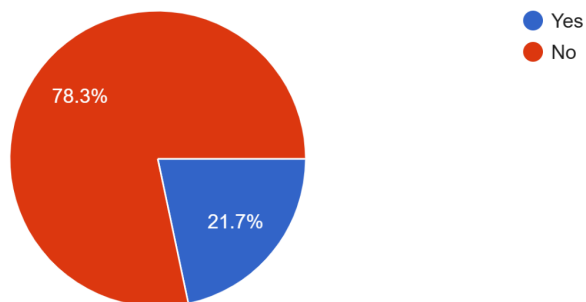
Has social media ever caused drama or conflict at school?

621 responses



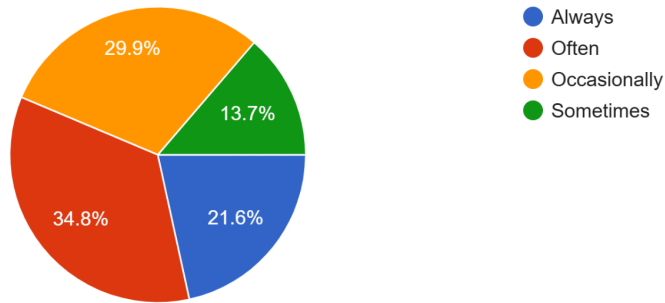
Do you set any personal limits on how much social media you use each day?

595 responses



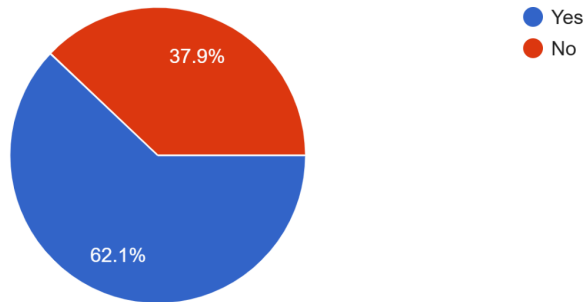
### How often do you lose track of time while using social media?

598 responses



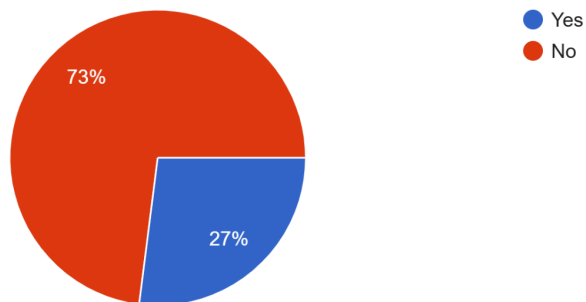
### Have you ever tried to reduce your social media use?

593 responses



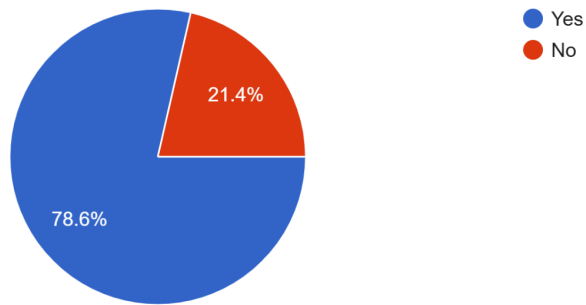
### Do you use tools like screen-time limits or app timers?

596 responses



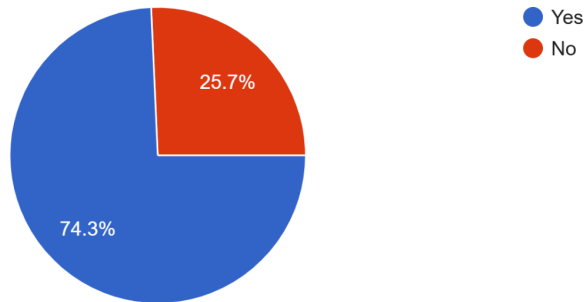
Can you tell when it's a good time to take a break from social media?

593 responses



Can you stop using social media when you tell yourself to?

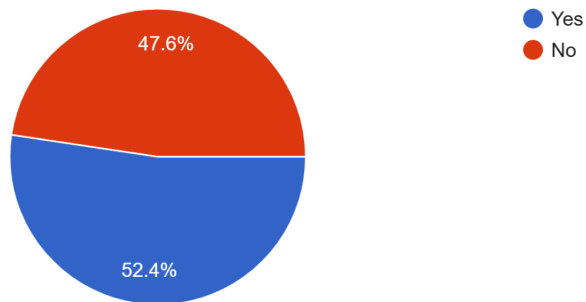
595 responses



## Physical Health

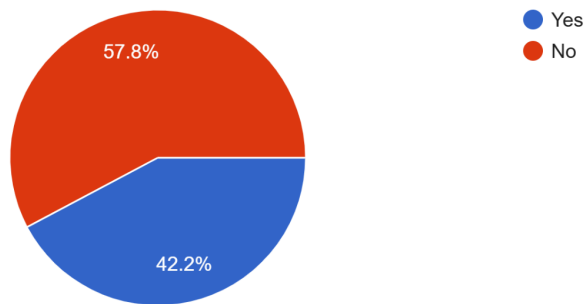
Does social media reduce the amount of time you spend being physically active?

296 responses



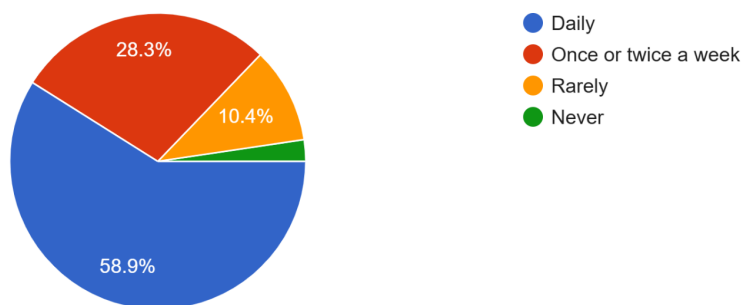
Do you ever choose social media over exercise or sports?

296 responses



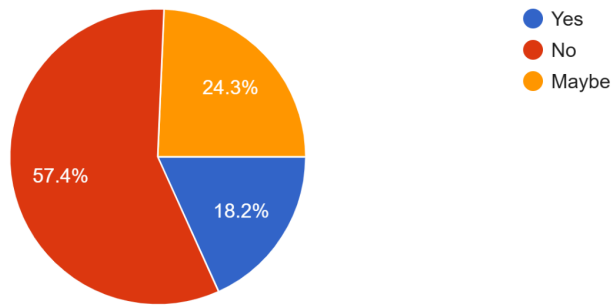
How often do you participate in physical activities (sports, walking, gym, etc.)?

297 responses



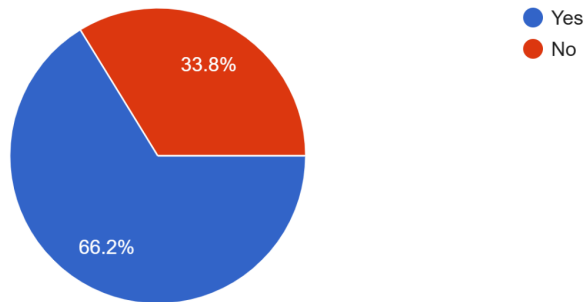
Do you ever skip doing physical activities to stay at home to use social media?

296 responses



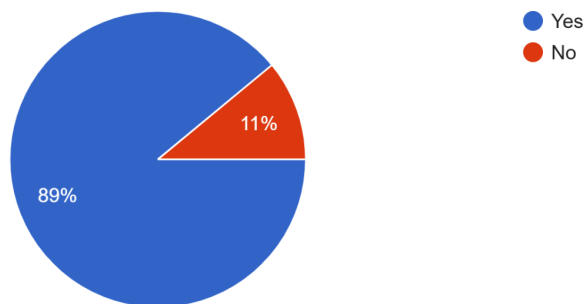
Do you ever not want to do something since its easier to just be on social media?

296 responses



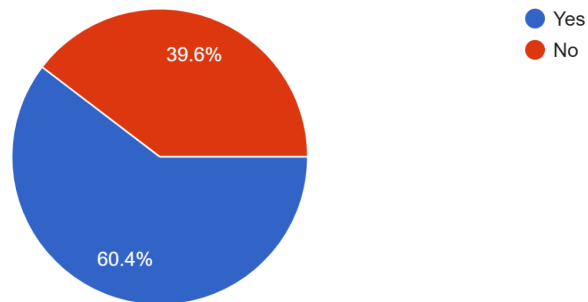
Do you use social media right before going to sleep?

592 responses



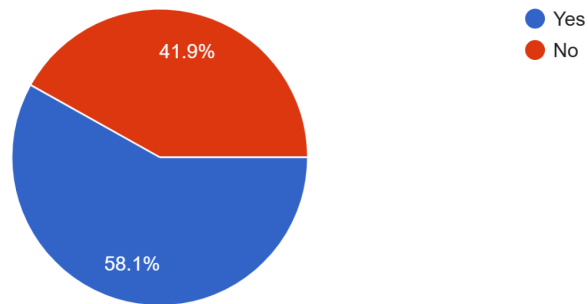
Does social media use affect your sleep, if at all?

593 responses



Do you feel more rested on days when you avoid social media before bed? (Answer only if said yes on question above)

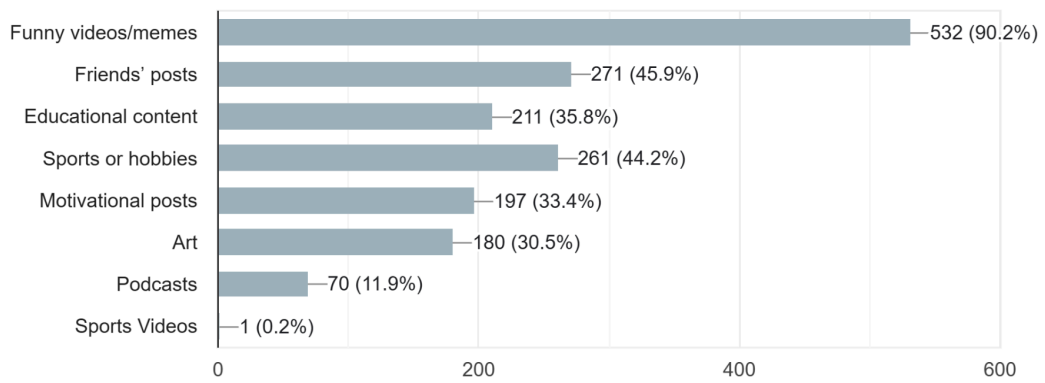
444 responses



## Mental & Emotional Health

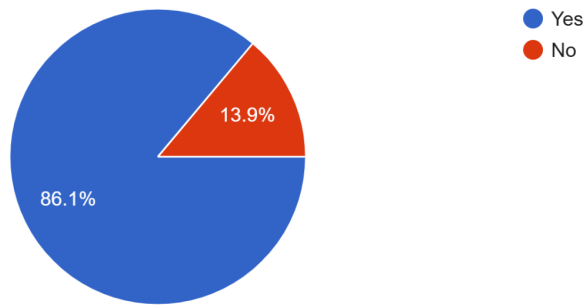
### What type of content makes you feel the most positive?

590 responses



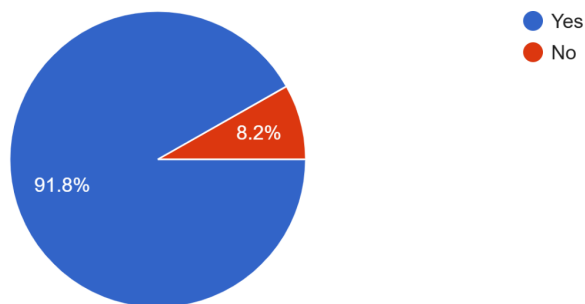
### Do you follow accounts that teach you new things (skills, hobbies, school topics)?

590 responses



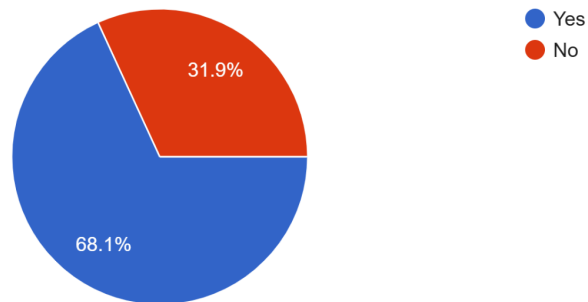
### Do you feel happy or entertained when scrolling social media?

585 responses



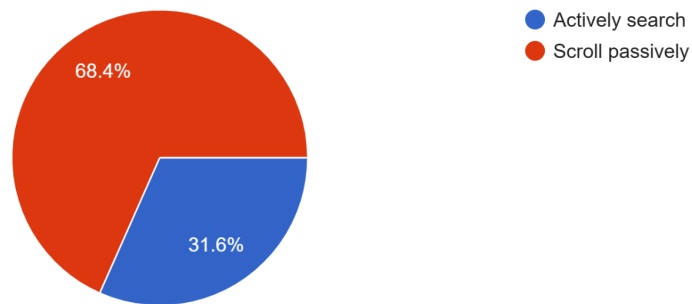
Are there types of content that make you feel stressed, upset, or anxious?

587 responses



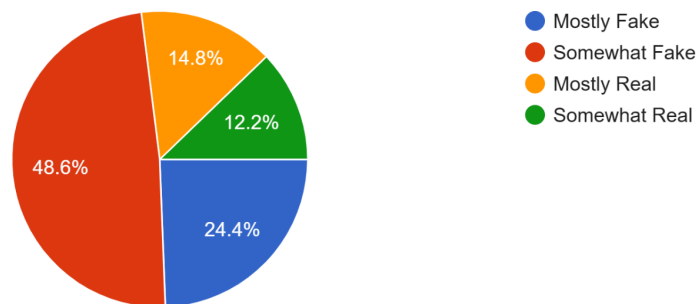
Do you mostly actively search for content you enjoy, or just scroll passively?

588 responses



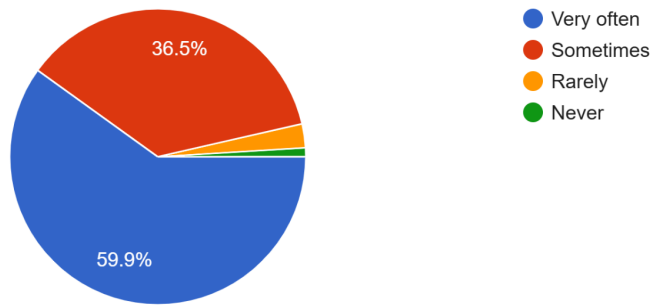
Do you think the stuff you see on social media is fake or real.

615 responses



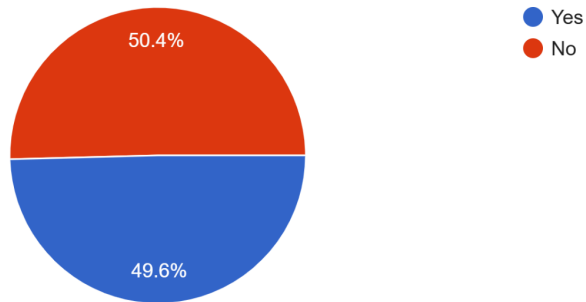
How often do you think photos or videos are edited or filtered?

614 responses



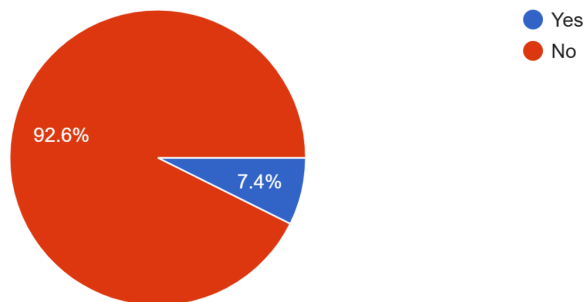
Do you compare your life to what you see on social media?

613 responses



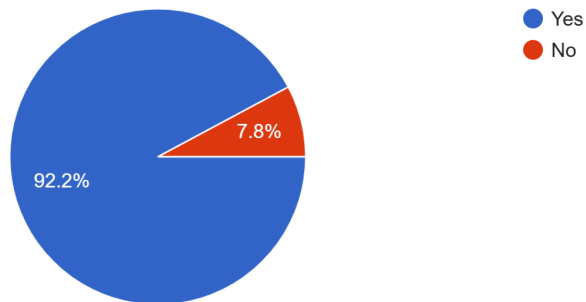
Do you believe most influencers are being honest about their lives?

612 responses



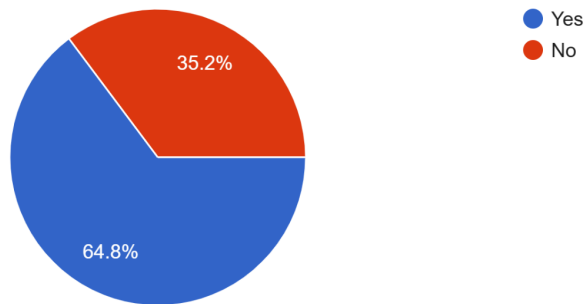
Do you think social media creates unrealistic expectations about life, looks, or success?

613 responses



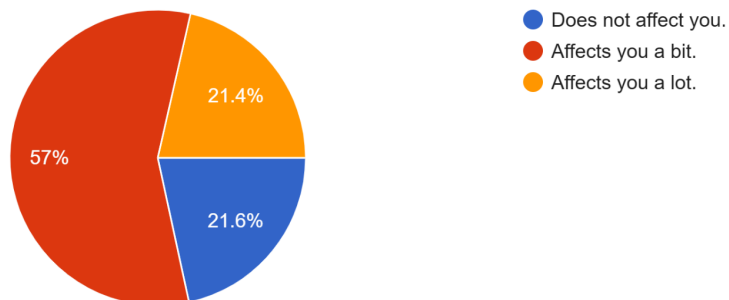
Do you ever feel FOMO (fear of missing out) when you see others on social media posting with friends.

610 responses



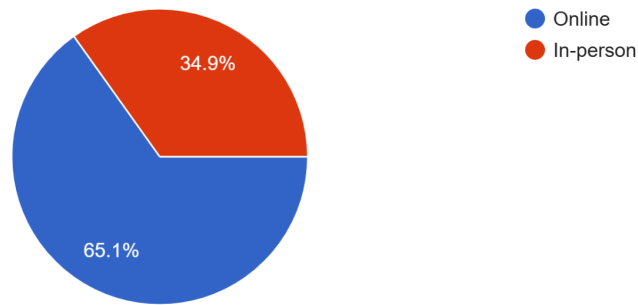
How much does it affect you when someone does not reply to you / ghosts you?

611 responses



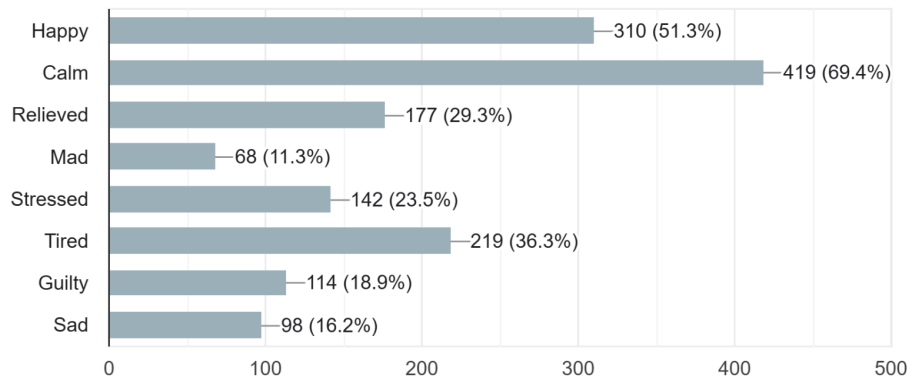
### Do you feel more confident online or In-person?

611 responses



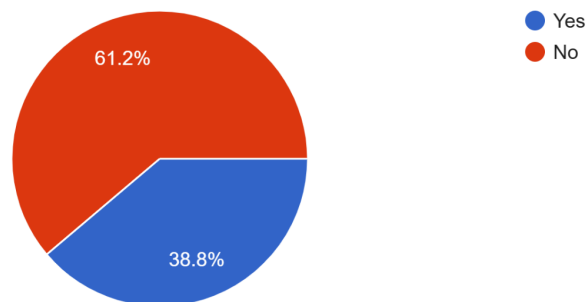
### How do you usually feel after using social media?

604 responses



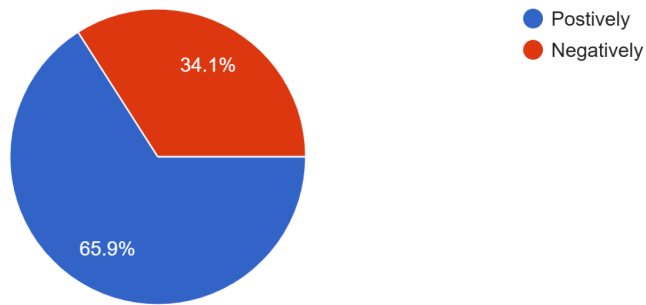
### When not using social media, do you ever feel left out or less confident?

608 responses



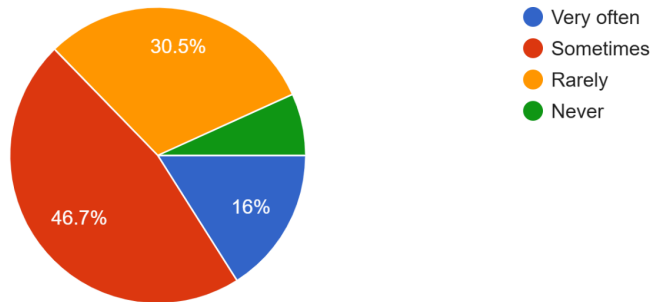
Does social media affect you more positively or negatively?

599 responses



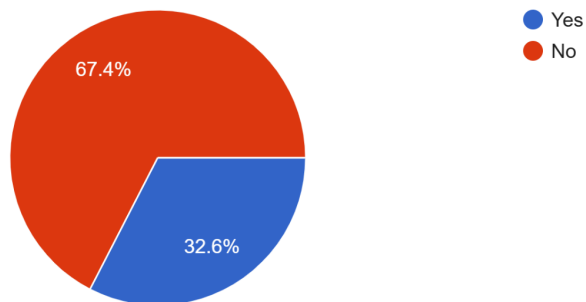
How often does social media affect your mood?

606 responses



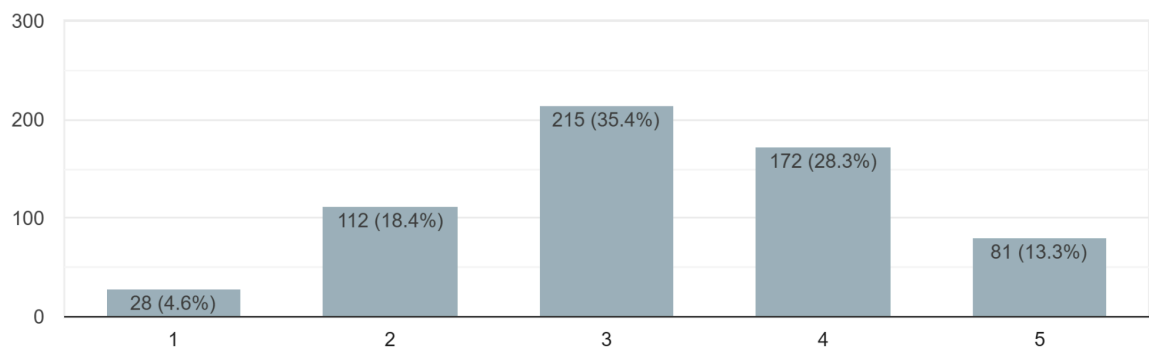
Do you feel stressed when you see negative comments online?

605 responses



How much does social media impact your life? (scale)

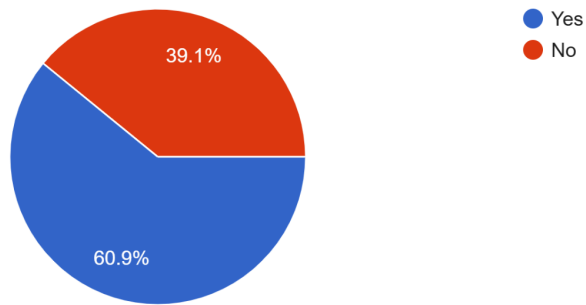
608 responses



## Social & Relationship

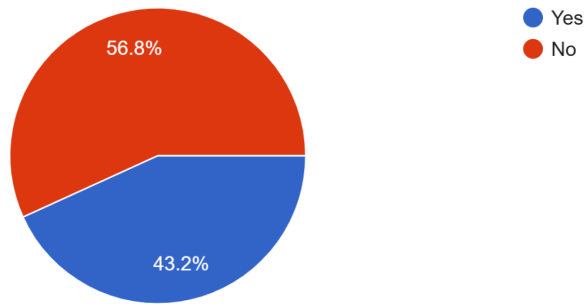
Have you ever reported bullying or inappropriate content on social media?

588 responses



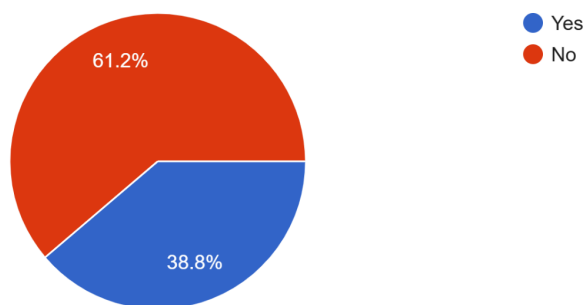
Have you ever seen a friend being bullied online?

588 responses



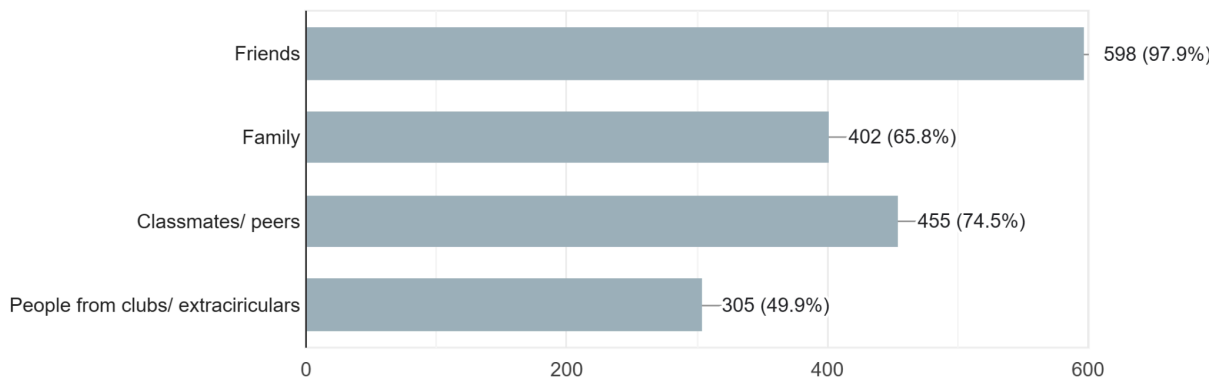
Have you ever been bullied online?

588 responses



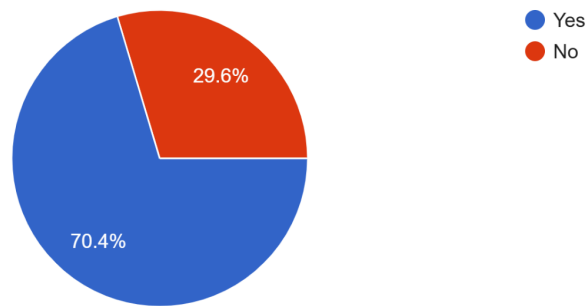
### Who do you add/follow on social media.

611 responses



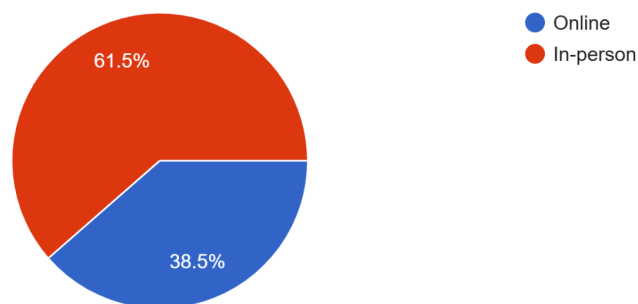
### Do you add/follow people you do NOT know In-person?

621 responses



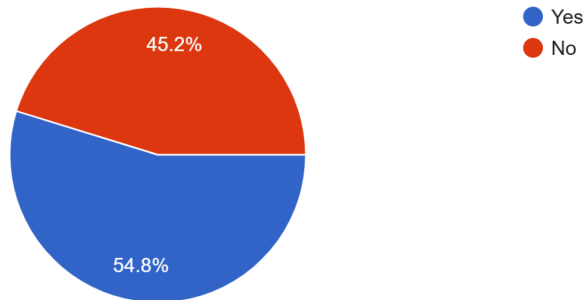
### Do you speak to people more online or in person?

620 responses



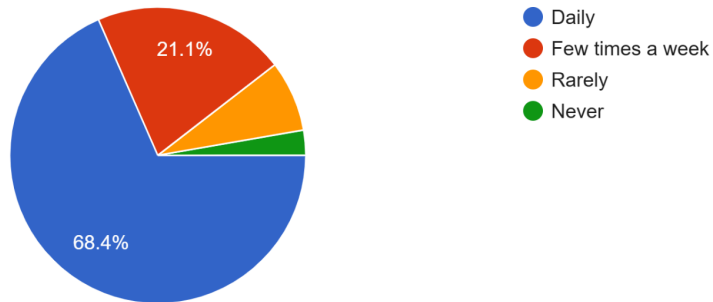
Do you talk to people online but not in-person.

619 responses



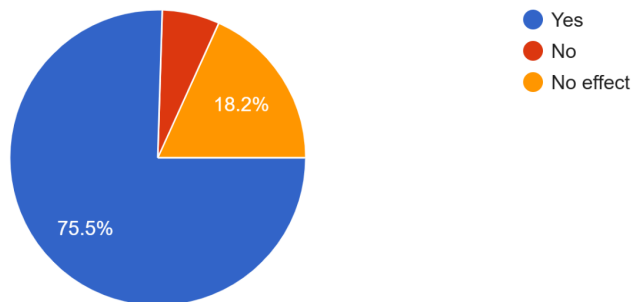
How often do you message friends on social media?

621 responses



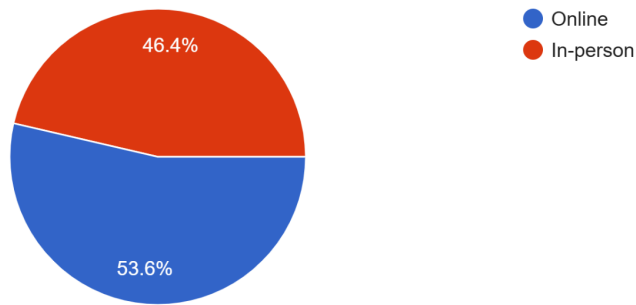
Do you think social media improved your friendships?

620 responses



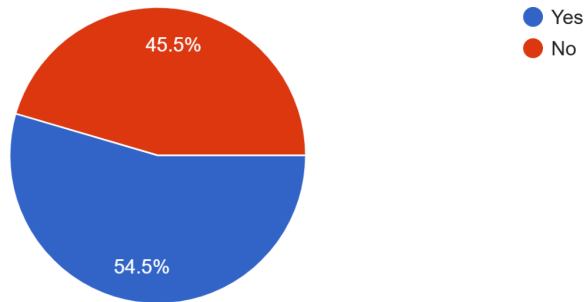
Do you find it easier to make new friends online or in person?

619 responses



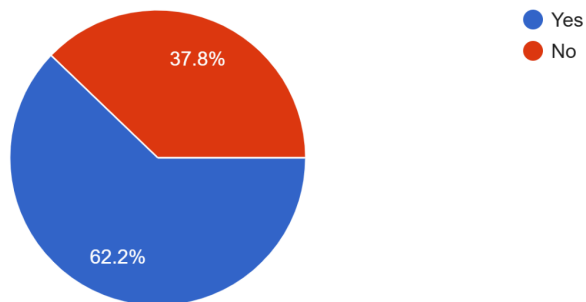
Have you ever avoided someone in real life because of something that happened online?

618 responses



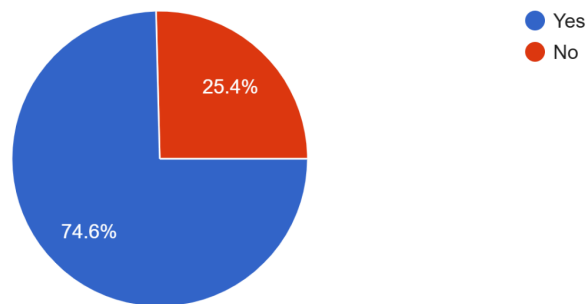
Do you think social media causes more arguments between friends?

616 responses



Have you ever misunderstood someone because of a message or post?

618 responses



December 18, 2025

Dear Logbook,

I've been really busy with school, but today I will be writing my conclusion, as over the past week I have been looking over the responses and have tried to find connections between the different types of questions.

January 12, 2026

Dear Logbook

With exams coming up, I won't be working too much on science fair but I have finished writing my conclusion

### **CONCLUSION:**

Using the data collected from my survey and additional research I have done a very clear conclusion has been reached, social media does have an impact on teenagers (in ways we probably not considered)

Starting with general usage, 28.6% of people who participated in the survey stated that they started using social media at the age of 11 or 12, using a minimum of three social media apps on a daily basis with TikTok being the most used app out of 626 people. On average each day a teenager uses three to four hours of social media, and 44.7% of those people prefer to use social media late at night. These participants use social media every 10 to 20 minutes in a daily life showing how they are always on the constant watch and distracted from other daily activities. Only 21.7% of people set personal limits on how much social media they can use. However, 34.8% of people stated that they often lose track of time while using social media, while people do say that they try to reduce social media. It shows how social media can sometimes take over your mind and can just lead to you continuously scrolling and not getting enough time for a good , healthy and prosperous life.

## **The physical health of students**

Starting off with sleep, which is essential for a teenager to develop their brain and be able to function, and at a high rate of 89% people who participated said that they use social media right before going to sleep and 61.4% of people agree and say that social media affects their sleep. Over 50% of people agree that they feel more energized when they avoid using social media at night showing the direct connection of social media and sleep. The daily activities of 52% of people say that social media reduces the amount of time they spend being physically active in life. However, only 42% of people choose social media over exercising and doing other activities like sports. While people may not want to be able to skip activities, 66% of people try avoiding doing stuff as being active on social media is easier.

## **Mental and Emotional Health**

One of the major reasons why people use social media is to connect and communicate with others online. However, with this, teenagers start to feel other things, just as fear of missing out on FOMO. When friends/family don't reply to you, (also known as ghosting affect) how a teenager feels, over 77% of teenagers who participated felt it affected them and concluded how small things can impact one's emotional and mental health. Social media doesn't impact you in a negative way but often affects your mood. While most people say social media only impacts them on a scale three out of five. Another way social media impacts mental and emotional health is how they start to compare themselves with things they see online, 60% of people believe that the things they see online are usually edited and filtered. And 50% of what they see online is fake. However, the data given shows that 49.6% people compare themselves with people and things they see on social media. And over 93% of people believe that social media creates an unrealistic expectation about how life looks like success and failure. A lot of people use social media as a getaway from reality. They feel happy and entertained while scrolling just showing how life can be hard and people and teenagers especially are using social media as a getaway to reality.

## **Social media and relationships**

Social media is a platform where people are able to maintain, continue friendships and relationships. 97.9% of people who use social media add their friends, families, classmates, peers and any other people they know however there is a high rate of 70.4% of people who add people that they do not know in person. However over 68.4% of people on social media message and communicate with their friends daily online but there are also people who talk to others online but not in person or the rate of 55%. Not only that, over 75% of people believe that social media has improved their friendships and more people believe that it is easier and quicker to make new friends online rather than in person. Our world has evolved from people talking in-person to everyday online conversations through devices. However, there are many cons. Over 62% of people believe that social media causes more arguments. Not only that there are many more misunderstandings such as misunderstanding of people's messages or posts. As well, one of the major things on social media is cyberbullying. Over 60.9% of people have reported bullying or inappropriate content on social media which is quite a high rate for a place that is said to be safe. But with that comes the terms and agreements: only 16.3% of people read the terms and agreements before signing up for the social media platforms they are about to use, showing that people aren't fully aware of the safety and other concerns that come with using that social media platform.

February 2, 2026

Dear Logbook,

I have a little over a month to get this project done, I feel pretty confident with how much I have completed so far but I will have to continue working on it.

Today I started to organize my data, which will need to be handed in with my project on March 4th.

February 12, 2026

Dear Logbook,

Today, I realized that with my conclusion, I also need my next statement.

### **What's Next?**

Social media is a global phenomenon, and many people research its impact on society every day. In the future, researchers could continue to explore its effects on teenagers by conducting questionnaires specifically targeting them. Additionally, they can carry out in-person studies in schools by encouraging students to decrease their social media usage and then return a few weeks later to observe any differences.

Numerous researchers are already examining the impact of social media, which could lead to new discoveries in the future. Social media is not a trend that will fade away in a few years; instead, it will continue to grow and evolve, resulting in the creation of more websites and platforms for enjoyment, communication, and self-expression.

As technology advances, social media will become an even larger part of our lives. However, it's crucial to understand its impact on us to avoid becoming overly addicted and to ensure we use it mindfully while still enjoying our time online.

February 22, 2026

Dear LogBook

It's due in over 2 weeks. I have started to place my information on the website.

February 28, 2026

Dear LogBook

I have officially put all my work into the website!!!

March 3, 2026

Dear LogBook

Everything is fully done and I am about to submit it!

