


Recommendation Categories at a Glance





A recent National Academies consensus study, ***Social Media and Adolescent Health***, examined current research about social media’s impact effects on the mental and physical health of young people. The resulting report calls for a better understanding of social media’s influence on development and makes specific recommendations for policymakers and other leaders in the categories of design, training and education, online harassment, and research. Learn more about the framework for those recommendations below.




Design

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- **Greater Accountability**
 - › How can we communicate societal concerns and expectations as social media industry practices evolve?
 - › How can social media companies and the public measure platforms’ influence on young people?
 - › How can we know if companies are doing their part to protect young people on their platforms? How can we make valid comparisons among platforms over time?
- **Putting Transparency into Practice**
 - › How can we ensure researchers can access the information they need to understand potential harms while still respecting a company’s proprietary platform algorithms and user expectations of privacy?












Training & Education

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- **Comprehensive digital media literacy education**
 - › How can we increase knowledge about how online media work and empower young people to protect themselves?
- **Integrating digital media competency into professional education**
 - › How can we ensure teachers are approaching digital media literacy with a sufficient knowledge base, and what would help them keep pace with this rapidly changing field?
 - › How can we determine which teaching strategies are the most effective?
 - › How can we empower health professionals to counsel young people on social media use and spot warning signs?





Online Harassment

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- **Cyberbullying**
 - › How can we balance the tradeoffs between protecting young people online and respecting their privacy?
- **Sexual offenses**
 - › How can we counter the ways in which the internet facilitates sexual crimes against minors?
- **Support for victims and momentum for prosecution**
 - › How can we support young people who have been harmed online and also gain insights into who is committing serious abuses?












Research

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- **Research agenda**
 - › How can we build the evidence base policymakers need to assess if and how social media affect health?
- **Encouraging the use of real-world data**
 - › How can we encourage public interest research on social media companies and protect the researchers who conduct it?

Learn more about the study committee’s recommendations within this framework and access the full report at www.nationalacademies.org/social-media-adolescents.