

Commission : Health

Session : ZONAL MUN 2024

Sponsors : **Australia, Belgium, Canada, France, Germany, Ireland, Mauritius, Switzerland, United Kingdom, USA**

QUESTION OF: **DISCUSSING THE EFFECTS OF SOCIAL MEDIA ON MENTAL HEALTH**

The General Assembly,

Alarmed by the growing body of research highlighting the negative impacts of excessive social media use on mental health, particularly among adolescents and adults, with a 70% increase in cyber bullying incidents reported in 2023 according to a Pew Research Center survey,

Conscious that the excessive use of social media interferes with the sleep cycle resulting in sleep deprivation which leads to cognitive impairment and frustration,

Recognizing the potential for social media to promote social support, positive self-esteem, and mental health awareness, as evidenced by a 2023 study by the National Institutes of Health which found that online support groups can significantly reduce feelings of loneliness and isolation,

Bearing in mind that several studies have demonstrated that young adult's users who spend the most time on social media platforms experience a significantly higher rate of reported depression ranging from 13% to 66% compared to those who spend less time on these platforms,

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1. Requests the World Health Organization (WHO) to update its guidelines on digital mental health to address the risks and benefits of social media use as well as the rise on depression and anxiety symptoms linked to excessive media use;
2. Suggests member states to collaborate with social media platforms to develop and implement safeguards to protect mental health by promoting positive content, countering cyberbullying, and encouraging responsible use of social media, as outlined by the 2022 World Health Organization's guidance on promoting mental health in the digital age;
3. Recommends the creation and enforcement of regulations aimed at reducing addictive features and promoting healthier online environments;
4. Encourages collaboration between social media platforms, mental health professionals, and civil society organizations to develop effective online communities that promote mental health support and positive social interaction;
5. Urges educational institutions to integrate digital literacy and mental health education into their curricula, empowering young people with the skills to navigate social media responsibly and recognize the signs of mental health issues;
6. Recommends campaigns addressing the psychological impact of the effect of social media on mental health;
7. Welcomes international collaboration to research the potential of social media interferences for mental health promotion and support services as reported by the National Institutes of Health.