

# SOCIAL MEDIA SIDE EFFECTS

## Warning!

Excessive use can lead to negative outcomes like depression, social isolation, cyberbullying, and intolerance.

## Depression and Anxiety

Studies show a link between heavy social media use and higher levels of anxiety and depression. [NIH.gov](https://www.nih.gov), [HHS.gov](https://www.hhs.gov)

## Socia Isolation

When social media replaces real-life social interactions, it causes us to feel disconnected and lonely. [UCDavisHealth.edu](https://www.ucdavishealth.edu)

## Intolerance & Incivility

Some social media platforms ignore hostile behaviors, which can have negative effects on one's health and community. [FirstMonday.org](https://www.firstmonday.org), [NIH.gov](https://www.nih.gov)