

Legal issues of Social Media

Experts from many different fields have conducted research and debates and debating about the links between using [digital media](#) and [mental health](#). Research suggests that mental health issues arising from social media use affect women more than men and vary according to the particular social media platform used, although it does effect every age and gender demographic in different ways. Psychological or behavioral dependence on social media platforms can result in significant negative functions in individuals' daily lives. Studies show there are several negative effects that social media can have on individuals' mental health and overall well-being.^{[11][12][13]} While researchers have attempted to examine why and how social media is problematic, they still struggle to develop evidence-based recommendations on how they would go about offering potential solutions to this issue. Because social media is constantly evolving, researchers also struggle with whether the disorder of **problematic social media use** would be considered a separate clinical entity or a manifestation of underlying psychiatric disorders. These disorders can be diagnosed when an individual engages in online content/conversations rather than pursuing other interests that occur in real life.

In 2022, a case was successfully litigated that implicated a social media platform in the suicide of a Canadian teenage girl named [Amanda Todd who died by hanging](#). This was the first time that any social media platform was held liable for a user's actions. While the question of what category problematic social media use falls in is still being developed and further researched, the policies and regulations of social media have already started to change. The interest now falls on implementing new laws regarding these penalties and how individuals can aim to keep their well-being safe along with the platforms that they are using, especially when it comes to privacy.