THE INSIDE SCOOP

The ups and downs of social media use: The role of self-harm

THE ORIGINATION FACTOR

Social media provides opportunities for young people to either express personal emotions or manipulate them to fit the norms of their social environment.

THE Risk of Harmful Exchange

Using social media can be a double-edged sword for vulnerable individuals who are susceptible to harmful exchanges such as:

- Creating and maintaining relationships with people who encourage self-harm
- Exposure to self-harm content and images
- Exposure to suicidal ideation, plans, or attempts
- Exposure to self-harm-related information that triggers self-harm
- Exposure to self-harm-related content that can be triggering
- Exposure to self-harm-related content that can be harmful

VULNERABILITY IS A GAMBIT

Vulnerability leads to victimization through the social media platform, which provides a channel for individuals to engage in self-harm or encourage others to engage in self-harm.

AUTOMATIZED OUTPUT

For some individuals, using social media can lead to a麻木ensation of self-harm, leading to a decrease in the ability to distinguish between real and virtual dangers.

FINDING A COMMUNITY

Finding a community on social media can lead to a sense of belonging, which can be a positive aspect of social media use.

LOOK FOR POSITIVE INTERACTIONS

Do self-harm users seek to form close relationships or maintain existing relationships?

RECEIVING SUGGESTIONS FOR FORMAL TREATMENT

Do self-harm users seek professional help?

FINDING ENCOURAGEMENT

Do self-harm users seek encouragement from social media?

GETTING ADVICE ON HOW TO STOP SELF-HARMSING

Do self-harm users seek advice on how to stop self-harm?

BUT WATCHOUT!

SOCIAL MEDIA/NETWORKS CAN ALSO TRANSMIT SELF-HARMING BEHAVIOR.

HOW CAN YOU HELP?

If you suspect that someone is engaging in self-harm behavior, consider the following strategies:

- Supportive: Encourage healthy behaviors instead of forbidding or limiting the use of self-harm.
- Empathetic: Express understanding and support, and let them know that you care.
- Positive: Encourage healthy coping mechanisms and activities.
- Supportive: Be available and willing to listen, and let them know that you are there for them.
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LOOKING FOR MORE INFORMATION?

Call one of these resources to learn more about self-harm and how you can help your child stay safe online.

KIDS HELP PHONE

1300 55 1800

EMOTIONAL HEALTH

1800 243 789

AAP SAFETY NET

1300 424 242

CANADIAN HEALTH ASSOCIATION

1800 563 533

SOURCE: