What is the Link? The Relationship Between NSSI and Social Media

Why Self-Injury and Social Media? 92% of teens go online daily 14–21% of teens self-injure

- Suggests increased access to teens experiencing further of isolation
- Supports the idea that there is a relationship between social media and self-injury
- Self-injury is an increasingly common problem among teens and social media is being recognized as a relatively normal part of growing up
- Social media sites and apps often feature more people and things that are part of the game compared with things within their own social media
- Media exacerbates the likelihood of self-injury by providing examples of how to commit self-injury through the use of social media in blogs, videos, and so on.

Where Do People Go?

- Twitter
- Instagram
- YouTube

Is All Social Media Harmful? Positive Effects of Social Media on Self-Injury

- Increased sense of being connected with others
- Reduced sense of loneliness
- Increased sense of self-worth
- Increased sense of control

Policy Guidelines

- Does not allow for any self-injury
- Does not allow for any self-injury
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How to Help

- Learn peer self-injury and suicide risk factors
- Educate parents and school administrators about prevention
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For More Resources

- Current Research Program for Self-Injury and Recovery
- Suicide Risk and Opportunity: Latino-themed resource guide