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Composition I, 2WW

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Project 4

### Audience: Policymakers, and Social Media CEO

### Genre: Email and petition (waiting for more signatures)

<https://chng.it/BhT6K8dXPN>

Example: Discord

Dear Jason Citron and Discord safety team,

I am reaching out in order to advocate and ask that you consider changing your terms of service and upping the age requirement from 13 to 16 years old.

Social media poses a risk to people under the age of 16, affecting them both physically and mentally. While your platform goes through certain processes to keep teenagers safe. Sometimes it is not enough and could be prevented by increasing the minimum age for the terms of service. This change could also align Discord's policies more closely with other social media platforms that have higher age restrictions in place.

Studies suggest that 95% of teenagers ages 13-17 use social media, according to the National Library of Medicine. Not only that, but the excessive use of being on social media, especially so early on, has led to an increase in feelings of depression and suicide, decreased social coping, and more. " Findings have linked overall screen time to depression and suicidal behavior among adolescents (Wood and Scott, 2016; Maras et al., 2015). Liu et al. (2015) found a nonlinear dose-response relation between depressive symptoms and overall screen time among children in the age range of 5–18 who were using digital media for over two hours per day". Gadi Lissak, Adverse physiological and psychological effects of screen time on children and adolescents: Literature review and case study, Environmental Research, Volume 164, 2018.

Also, constant use of social media, especially when they are teenagers, leads to a series of possible physical illnesses or issues such as obesity, impaired vision, and even cardiovascular issues. Childhood impaired vision is becoming more common due to screen time and has steadily increased over the years. " Finding confirmed that prevalence of childhood myopia in the U.S. has more than doubled over the last fifty years (Varma et al., 2006)." Gadi Lissak, Adverse physiological and psychological effects of screen time on children and adolescents: Literature review and case study, Environmental Research, Volume 164, 2018. Screen time promotes poor posture, leading to future damage. "Screen time, primarily of small screen handheld devices, is argued to affect posture and creating musculoskeletal load and discomfort symptoms. Such symptoms may be a result of the intensive repetitive wrist and arm movement, and head inclination found mostly during video game playing (Lui et al., 2011)."Gadi Lissak, Adverse physiological and psychological effects of screen time on children and adolescents: Literature review and case study, Environmental Research, Volume 164, 2018.

In order to prevent future risks or problems due to early exposure of social media at a young age. Your company should reconsider increasing the minimum wage. It could reduce issues with minors being exposed to harmful content and even potential online predators.

Sincerely,

Jazmin Ornelas

Claim

#### Social media has a harmful impact on teenagers both physically and mentally; therefore, required age verification should be placed on social media websites. According to the National Library of Medicine, 95% of teenagers ages 13-17 use social media, and nearly 40% of children ages 8-12 use social media. Meanwhile Based on 1300 results of 13-17-year-olds, 35% use social media several times a day, according to Mayo Clinic staff.

####  Physical Impact

According to Gadi Lissak Excessive screen time is associated with poor sleep, cardiovascular diseases, high blood pressure, obesity, low HDL cholesterol, poor stress regulation, and even insulin resistance. There are also other health consequences, such as impaired vision. Myopia has steadily increased in the US throughout the years due to the increase in technological advancements. "Findings confirmed that the prevalence of childhood myopia in the U.S. has more than doubled over the last fifty years (Varma et al., 2006)." Gadi Lissak, Adverse physiological and psychological effects of screen time on children and adolescents: Literature review and case study, Environmental Research, Volume 164, 2018 (1). Reduced bone density has also made a huge appearance due to posture and more, causing discomfort for when the younger generation grows older". Screen time, primarily of small-screen handheld devices, is argued to affect posture and create musculoskeletal load and discomfort symptoms. Such symptoms may be a result of the intensive repetitive wrist and arm movement and head inclination found mostly during video game playing (Lui et al., 2011). "Gadi Lissak, Adverse physiological and psychological effects of screen time on children and adolescents: Literature review and case study, Environmental Research, Volume 164, 2018 (2).

Mental Impact

Social media has influenced a lot of psychological effects, causing things such as poor sleep. Altering a child’s mind into mobile dependency. "Children in 2011 were estimated to sleep, on average, one hour less per night when compared with children of the early 20th century." Gadi Lissak, Adverse physiological and psychological effects of screen time on children and adolescents: Literature review and case study, Environmental Research, Volume 164, 2018 (3). "In Britain, 20–30% of young children experience sleep problems (Cheung et al., 2017). "Gadi Lissak, Adverse physiological and psychological effects of screen time on children and adolescents: Literature review and case study, Environmental Research, Volume 164, 2018 (4). Poor sleep has led to depressive symptoms and suicidal tendencies". Findings have linked overall screen time to depression and suicidal behavior among adolescents (Wood and Scott, 2016; Maras et al., 2015). Liu et al. (2015) found a nonlinear dose-response relation between depressive symptoms and overall screen time among children in the age range of 5–18 who were using digital media for over two hours per day". Gadi Lissak, Adverse physiological and psychological effects of screen time on children and adolescents: Literature review and case study, Environmental Research, Volume 164, 2018 (6)

### Pros and cons

####  There are many pros and cons to companies lowering their age limit, such as it Reduces the risk of teens younger than 18 viewing inappropriate content and reduces exposure to predators online. Decreasing cyberbullying, teens could lie about age. Could lie about parental consent and possibly would require hiring employees to review verification.

In conclusion, social media online, when exposed to teenagers for a period of time, can come with risks. Most parents nowadays don’t understand what some social apps do or how to monitor them closely. So I ask that social media platforms consider revisiting their terms of service and increase their minimum age requirements in order to keep the younger generation safe and reduce the risk of them developing hard issues as teenagers.

<https://www.sciencedirect.com/science/article/abs/pii/S001393511830015X?via%3Dihub>

<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teens-and-social-media-use/art-20474437>