



IO7 – MOOC for Teachers

Self-directed Learning Resource 1

Topic:	Protecting Health and the Environment
Title:	The impact of social media on young people's health and wellbeing: Evidence, Guidelines and Actions.
Time:	It will take you 20 minutes to scan the report and take notes on what is important to you.
Type of Resource:	Report
Content of the Resource	This report provides new empirical evidence on the ways in which young people engage with health-related content on social media, and how this impact on their health-related understandings and behaviours.
Link to resource:	http://epapers.bham.ac.uk/3070/1/The Impact of Social Media on Young People%E2%80%99s Health and Wellbeing (FINAL 15TH JAN).pdf