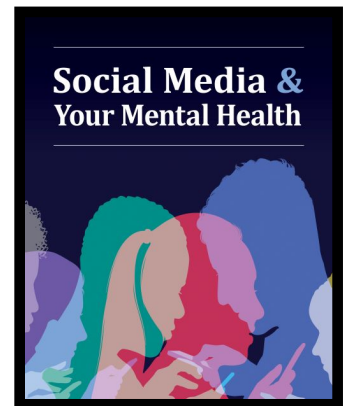


Social Media & Your Mental Health

“Social media plays a significant role in contemporary life. People use it to stay in touch with family and friends, get news, and see art. Unfortunately, it is also the source of false and misleading information and a tool for bullying and scamming. This new sourcebook offers an introduction to the key issues that social-media use raises. The signed articles by academics range in length from one to two pages and cover basic terms and concepts (apps/applications, crowdsourcing), major players (Facebook, TikTok, X), and dangers (cybercrime, phishing). Other articles deal with physical, emotional, and mental health, healthy and unhealthy relationships, and safety and privacy. **There is information of special interest to parents, kids, and seniors (body image, fraud, online safety) as well as information on political implications (conspiracy theories, free speech).** A section covers computer ethics, digital citizenship, and help seeking. Appendixes offer a glossary, abbreviations and slang, and websites, mediagraphy, and bibliography. **This is a good, basic overview of the issues raised by social-media use. Public and school libraries will find it useful.**”

—*CHOICE*

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