

1. Check your understanding: multiple choice

Circle the best option to complete these sentences.

1. The Young Health Movement asked 500 / 1,000 / 1,500 young people about their experience of social media and mental well-being.
2. They ranked the social media platforms from best to worst / oldest to newest / coolest to least cool
3. A half of 13- to 23- / 14- to 24- / 15- to 25- year-olds surveyed said Instagram and Facebook exacerbated feelings of anxiety.
4. 5 / 7 / 8 in 10 young people said Instagram made them feel worse about their body image.
5. 2 in 3 / 3 in 4 / 4 in 5 young people said that Facebook made cyberbullying worse.
6. The Young Health Movement wants a warning notification / pop-up notification / pop-down notification for when you've spent a certain amount of time online.
7. It also wants a stamp / greasemark / watermark on photos to indicate that the photos have been digitally manipulated.
8. The Young Health Movement would also like PSHE lessons to include advice on how to use social media in a healthy / good / positive way.