

Is Social Media Hurting Our Mental Health?

LECTURE AND Q&A WITH
BAILEY PARNELL

FOUNDER OF #SAFESOCIAL
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Research shows the average person spends 6 hours daily on social media, which can be both a source of connection and a risk, including addiction, depression, and harassment.

Bailey Parnell, known for her TED talk, explores social media's impact on mental health, particularly among youth, and advocates for #SafeSocial practices in an era where complete abstinence may not be practical.

THE UVM MAJOR LECTURE SERIES

Each year, the UVM Major Lecture Series addresses a topic of interest in the public square. The theme for 2023-24 is Social Media. Each

