

Should Canada Ban Youth from Social Media?

Yes

Here are some reasons why people might argue that Canada **should** ban youth from having accounts on social media.

Reducing Screen Time

Social media increases the time many youth spend looking at screens, which some argue can even be addictive. [There is some evidence to suggest](#) that greater time spent on screens results in decreased levels of concentration, unhealthy sleeping patterns, and increased stress levels. Time spent on social media apps also reduces time for important developmental activities, such as in-person socializing and focused learning time.

Reducing exposure to harmful content

Social media allows youth easy access to content that can be deeply harmful to their health and wellbeing. We should be reducing exposure to harmful content, and preventing youth from creating accounts on social media platforms with such content is one way to reduce this risk.

Protecting youth from bad conduct

Having an account on one or more social media apps increases the likelihood of facing cyberbullying, which can be deeply detrimental to youth wellbeing. It also makes youth vulnerable to predators on the internet. Further, some argue that youth, especially those under 16, are not yet ready to use social media responsibly themselves – they cannot be trusted to engage responsibly on a public platform, where there will be a record of their own conduct for years to come.

Read More:

- [What to know about Australia's new social media law: Should Canada do the same?*](#) | CTV
- [The Guardian view on Australia's social media ban: dragging tech companies into action](#) | The Guardian
- [Kids under 14 should be banned from social media unless parents consent, Quebec committee says](#) | CTV

*Content Warning: includes discussion of self-harm