

I'm not a robot



Columbia Journalism Review. Retrieved 9 October 2024. ↵ Lewis-Kraus, Gideon (3 June 2022). "How Harmful Is Social Media?". *The New Yorker*. ISSN 0028-792X. Retrieved 9 October 2024. ↵ a b Ovadya, Aviv (17 May 2022). "Bridging-Based Ranking". Belfer Center at Harvard University. pp. 3, 10–13. Retrieved 17 July 2024. Chronological feeds are just 'recency'-based ranking systems with their own problems. 'Choose your own ranking systems' are not quite good enough ↵ Ovadya, Aviv (17 May 2022). "Bridging-Based Ranking". Belfer Center for Science and International Affairs at Harvard University. pp. 21–23, 28. Retrieved 17 July 2024. ↵ Martill, Jeremy B.; Orenus, W (26 October 2021). "Five points for anger, one for a like: How Facebook's formula fostered rage and misinformation". *Washington Post*. ↵ Klepper, David (27 July 2023). "Deep dive into Meta's algorithms shows that America's political polarization has no easy fix". *AP News*. Retrieved 15 July 2024. When they replaced the algorithm with a simple chronological listing of posts from friends — an option Facebook recently made available to users — it had no measurable impact on polarization...Likewise, reducing the content that Facebook users get from accounts with the same ideological alignment had no significant effect on polarization, susceptibility to misinformation or extremist views. ↵ Volfovsky, Alexander; Merhout, Friedolin; Mann, Marcus; Lee, Jaemin; Hunzaker, M. B. Fallin; Chen, Haohan; Bumpus, John P.; Brown, Taylor W.; Argyle, Lisa P. (11 September 2018). "Exposure to opposing views on social media can increase political polarization". *Proceedings of the National Academy of Sciences*. **115** (37): 9216–9221. doi:10.1177/0002764217701217. ISSN 0002-7642. S2CID 151950124. ↵ "Loss of newspapers contributes to political polarization". *AP News*. 30 January 2019. Retrieved 15 July 2024. ↵ Moore, Thomas (21 May 2021). "Study: Decline in local journalism increases political polarization". *The Hill*. ↵ Dunaway, Johanna; Darr, Joshua P.; Hitt, Matthew P. (27 May 2021). "Local newspapers can help reduce polarization with opinion pages that focus on local issues". *The Conversation*. Retrieved 15 July 2024. ↵ Díaz-Fernández, Antonio M.; del-Real-Castrillo, Cristina (1 July 2018). "Spies and security: Assessing the impact of animated videos on intelligence services in school children". *Comunicar* (in Spanish). **26** (56): 81–89. doi:10.3916/ics6-2018-08. hdl:10272/15122. ISSN 1134-3478. ↵ Knight, Rod; Jauffret-Roustide, Marie; Bolduc, Naseeb; Couland, Pierre-Julien (3 December 2020). "Young adults, unfairly blamed for COVID-19 spread, now face stress and uncertain futures". *Beyond*. University of British Columbia. Retrieved 7 April 2022. ↵ Ng, Reuben (21 August 2021). "Societal Age Stereotypes in the U.S. and U.K. from a Media Database of 1.1 Billion Words". *International Journal of Environmental Research and Public Health*. **18** (16): 8822. doi:10.3390/ijerph18168822. ISSN 1661-7827. PMC 8391425. PMID 34444578. ↵ Kroon, Anne C., and van Selm, Martine. "Good Intentions Aside: Stereotype Threat in the Face of Media Strategies to Counter Age Bias". *Research on Aging* 46, no. 9/10 (October 2024): 480–91. doi:10.1177/01640275241249117. ↵ DuPraw, Marcelle E.; Axner, Marya (1997). "Working on Common Cross-cultural Communication Challenges". *www.pbs.org*. Retrieved 29 August 2022. ↵ Fians, Guilherme (2021). *Espanto Revolutionaries and Geeks*. doi:10.1007/978-3-030-84230-7. ISBN 978-3-030-84230-1. S2CID 245721938. ↵ Saxton, Gregory D.; Niyirora, Jerome N.; Guo, Chao; Waters, Richard D. (Spring 2015). "#AdvocatingForChange: The Strategic Use of Hashtags in Social Media Advocacy". *Advances in Social Work*. **16**: 154–169. doi:10.18060/17952. ↵ "How Using Social Media Affects Teenagers". *Child Mind Institute*. Retrieved 20 October 2022. ↵ Anderson, Monica; Jiang, Jingling (28 November 2018). "1. Teens and their experiences on social media". *Pew Research Center: Internet, Science & Tech*. Retrieved 21 November 2020. ↵ Lalli, Jaideep Singh (5 August 2021). "Maryland's Underage Sexting Case: Punishing Revenge Porn Victims?: Case Analysis of In Re: S.K., 215 A.3d 300 (Md. 2019)". *Journal of Victimology and Victim Justice*. doi:10.1177/25166069211033212. ISSN 2516-6069. S2CID 241531975. ↵ Osterday, Mitchell (2015–2016). "Protecting Minors from Themselves: Expanding Revenge Porn Laws to Protect the Most Vulnerable". *Indiana Law Review*. **49** (2): 555. doi:10.18060/4806.00075. ↵ Phippen, Andy; Brennan, Maggie (7 December 2020). *Sexting and Revenge Pornography: Legislative and Social Dimensions of a Modern Digital Phenomenon*. London: Routledge. doi:10.4324/9781315149691. ISBN 978-1-315-14969-1. S2CID 228921617. ↵ Paat, Yok-Fong; Markham, Christine (2 January 2021). "Digital crime, trauma, and abuse: Internet safety and cyber risks for adolescents and emerging adults in the 21st century". *Social Work in Mental Health*. **19** (1): 18–40. doi:10.1080/15332985.2020.1845281. ISSN 1533-2985. S2CID 228669236. ↵ Mir, Eline; Novas, Caroline; Seymour, Mery (10 August 2018). "Social Media and Adolescents' and Young Adults' Mental Health". *National Center for Health Research*. Retrieved 29 February 2020. ↵ Cooper, Mex (30 July 2014). "Social media users could be charged for sharing Wikileaks story". *Brisbane Times*. Retrieved 29 August 2022. ↵ a b c Kaye, Byron; Menon, Praveen (28 November 2024). "Australia passes social media ban for children under 16". *Reuters*. Retrieved 3 December 2024. ↵ a b c House of Representatives; Hansard: Thursday, 21 November 2024; Proof (Report). Commonwealth of Australia. 21 November 2024. p. 6-10. Retrieved 3 December 2024. ↵ Manfield, Evelyn (21 November 2024). "YouTube exemption backed by group behind push for under-16 social media ban". *ABC News*. Retrieved 3 December 2024. ↵ Kapernick, Kerri; Moseley, Amelia (24 October 2024). "Federal government's looming social media ban may be bad for isolated, marginalised teenagers". *ABC News*. Retrieved 3 December 2024. ↵ Touma, Rafqa (3 December 2024). "Protecting or restricting? The effect of social media bans on the big dreams of young Australians". *Guardian*. Retrieved 3 December 2024. ↵ Walsh, Declan (28 July 2020). "Egypt Sentences Women to 2 Years in Prison for TikTok Videos". *The New York Times*. Archived from the original on 28 July 2020. Retrieved 28 July 2020. ↵ Hatter, Lynn; Andrews, Adrian (25 March 2024). "DeSantis signs social media ban for minors, among the strictest in the nation". *Health News Florida*. Retrieved 29 May 2024. ↵ "Ron DeSantis signs Florida social media ban for children into law". *The Guardian*. 26 March 2024. ISSN 0261-3077. Retrieved 30 July 2024. ↵ Schlag, Gabi (31 August 2023). "European Union's Regulating of Social Media: A Discourse Analysis of the Digital Services Act". *Politics and Governance*. **11** (3): 168–177, p. 168. doi:10.17645/pag.v11i3.6735. ISSN 2183-2463. ↵ "The Digital Services Act package | Shaping Europe's digital future". *digital-strategy.ec.europa.eu*. 15 November 2023. Retrieved 26 November 2023. ↵ Schlag, Gabi (31 August 2023). "European Union's Regulating of Social Media: A Discourse Analysis of the Digital Services Act". *Politics and Governance*. **11** (3): 168–177. doi:10.17645/pag.v11i3.6735. ISSN 2183-2463. ↵ O'Carroll, Lisa (25 August 2023). "How the EU Digital Services Act affects Facebook, Google and others". *The Guardian*. ISSN 0261-3077. Retrieved 26 November 2023. ↵ a b Paig Larrauri, Helena (6 April 2023). "SOCIENTIAL DIVIDES AS A TAXABLE NEGATIVE EXTERNALITY OF DIGITAL PLATFORMS. An exploration of the rationale for regulating algorithmically mediated platforms differently" (PDF). ↵ "What impact will the EU's Digital Services Act have?". *dw.com*. DW. 25 August 2023. Retrieved 26 November 2023. ↵ Beckmann, Holger. "Digital Services Act: Was illegal ist, muss raus aus dem Netz". *tagesschau.de* (in German). Retrieved 26 November 2023. ↵ Romer, Paul (6 May 2019). "Opinion | A Tax That Could Fix Big Tech". *The New York Times*. ISSN 0362-4331. Retrieved 26 November 2023. ↵ Writer, Guest (6 April 2023). "Negative Externalities of Digital Platforms Should Be Taxed Today". *ICTworks*. Retrieved 26 November 2023. ↵ Mazúr, Ján; Patakiová, Mária T. (30 September 2019). "Regulatory Approaches to Facebook and Other Social Media Platforms: Towards Platforms Design Accountability". *Masaryk University Journal of Law and Technology*. **13** (2): 219–242. doi:10.5817/MUJLT2019-24. ISSN 1802-5951. S2CID 211391599. ↵ Moreno, Megan A.; Radesky, Jenny S. (22 July 2024). "Benefits and Harms of Proposed Social Media Legislation". *JAMA Pediatrics*. **178** (9): 857–858. doi:10.1001/jamapediatrics.2024.2380. ISSN 2168-6203. PMID 39037793. ↵ Radesky, Jenny; Moreno, Megan (4 April 2024). "Online child safety laws could help or hurt - 2 pediatricians explain what's likely to work and what isn't". *The Conversation*. Retrieved 30 July 2024. ↵ Murthy, Vivek H. (17 June 2024). "Opinion | Surgeon General: Why I'm Calling for a Warning Label on Social Media Platforms". *The New York Times*. ISSN 0362-4331. Retrieved 17 June 2024. ↵ L, Frank (1 March 2023). "5 Winning Social Media Business Models + Examples". *getstream.io*. Retrieved 28 May 2024. ↵ Flanigin, Andrew J.; Metzger, Miriam (2007). "The role of site features, user attributes, and information verification behaviors on the perceived credibility of web-based information" (PDF). *New Media and Society*. **9** (2): 319–342. doi:10.1177/1461448007075015. S2CID 33591074. Retrieved 15 February 2014. ↵ Summers, Amy (2 May 2011). "Facebook Addiction Disorder — The 6 Symptoms of F.A.D.". *AdWeek*. Retrieved 2 May 2011. ↵ Bralovskaia, J.; Margraf, J. (2017). "Facebook Addiction Disorder (FAD) among German students—A longitudinal approach". *PLOS ONE*. **12** (12): 2423–2478. Bibcode:2017PLSO..1289719B. doi:10.1371/journal.pone.0189719. PMC 5730190. PMID 29240823. ↵ Zhao, Nan; Zhou, Guangyu (9 February 2021). "COVID-19 Stress and Addictive Social Media Use (SMU): Mediating Role of Active Use and Social Media Flow". *Frontiers in Psychiatry*. **12**: 635546. doi:10.3389/fpsy.2021.635546. PMC 7899994. PMID 33633616. ↵ Watch The Social Dilemma. *www.netflix.com* (Film). Netflix Official Site. Retrieved 13 April 2022. ↵ a b Li, Yang-Yang; Sun, Yan; Meng, Shi-Qiu; Bao, Yan-Ping; Cheng, Jia-Lu; Chang, Xiang-Wen; Ran, Mao-Sheng; Sun, Yan-Kun; Kosten, Thomas; Strang, John; Lu, Lin; Shi, Jie (19 March 2021). "Internet Addiction Increases in the General Population During COVID-19: Evidence From China". *The American Journal on Addictions*. **30** (4): 389–397. doi:10.1111/ajad.13156. ISSN 1055-0496. PMC 8251395. PMID 33738888. ↵ Kane, Suzanne (6 December 2018). "Portion-Control in Social Media? How Limiting Time Increases Well-Being". *World of Psychology*. Archived from the original on 14 August 2020. Retrieved 29 April 2019. ↵ Pogorskiy, Eduard; Beckmann, Jens F. (2023). "From procrastination to engagement? An experimental exploration of the effects of an adaptive virtual assistant on self regulation in online learning". *Computers and Education: Artificial Intelligence*. **4**: 100111. doi:10.1016/j.caeai.2022.100111. S2CID 254612244. ↵ Hou, Yubo, Dan Xiong, Tonglin Jiang, Lily Song, and Qi Wang. "Social Media Addiction: its Impact, Mediation, and Intervention." *Cyberpsychology: Journal of Psychosocial Research on Cyberspace* 13, no. 1 (February 21, 2019). . ↵ "Meta Limits But Can't Shake Social Media Addiction MDL - Law360". *www.law360.com*. Retrieved 4 February 2025. ↵ Kist, W. (December 2012). "Class, Get Ready to Tweet: Social Media in the Classroom". *Our Children: The National PTA Magazine*, Vol. 38, no. 3, pp. 10-11. ↵ KATELLA, KATHY (8 January 2024). "How Social Media Affects Your Teen's Mental Health: A Parent's Guide". *Yale Medicine*. Retrieved 29 May 2024. ↵ eSafety Commissioner (August 2023). "Inappropriate content: factsheet". ↵ Sante, Siriporn (1 February 2023). "Cyberbullying in adolescents: a literature review". *International Journal of Adolescent Medicine and Health*. **35** (1): 1–7. doi:10.1515/ijamh-2021-0133. ISSN 2191-0278. PMID 35245420. ↵ "Phones are distracting students in class. More states are pressing schools to ban them". *NBC News*. Associated Press. 27 February 2024. Retrieved 29 May 2024. ↵ "Cocucllara sosyal medya yasağı: Türkiye ve dünyada tartışılan kısıtlama modelleri ne?". *BBC News Türkiye* (in Turkish). 29 November 2024. Retrieved 30 December 2024. ↵ Sarkaya, Salih (30 October 2014). "Social Media Ban In Turkey: What Does It Mean?". *Watch The Social Dilemma*. *www.netflix.com* (Film). Netflix Official Site. Retrieved 13 April 2022. ↵ a b Li, Yang-Yang; Sun, Yan; Meng, Shi-Qiu; Bao, Yan-Ping; Cheng, Jia-Lu; Chang, Xiang-Wen; Ran, Mao-Sheng; Sun, Yan-Kun; Kosten, Thomas; Strang, John; Lu, Lin; Shi, Jie (19 March 2021). "Internet Addiction Increases in the General Population During COVID-19: Evidence From China". *The American Journal on Addictions*. **30** (4): 389–397. doi:10.1111/ajad.13156. ISSN 1055-0496. PMC 8251395. PMID 33738888. ↵ Kane, Suzanne (6 December 2018). "Portion-Control in Social Media? How Limiting Time Increases Well-Being". *World of Psychology*. Archived from the original on 14 August 2020. Retrieved 29 April 2019. ↵ Pogorskiy, Eduard; Beckmann, Jens F. (2023). "From procrastination to engagement? An experimental exploration of the effects of an adaptive virtual assistant on self regulation in online learning". *Computers and Education: Artificial Intelligence*. **4**: 100111. doi:10.1016/j.caeai.2022.100111. S2CID 254612244. ↵ Hou, Yubo, Dan Xiong, Tonglin Jiang, Lily Song, and Qi Wang. "Social Media Addiction: its Impact, Mediation, and Intervention." *Cyberpsychology: Journal of Psychosocial Research on Cyberspace* 13, no. 1 (February 21, 2019). . ↵ "Meta Limits But Can't Shake Social Media Addiction MDL - Law360". *www.law360.com*. Retrieved 4 February 2025. ↵ Kist, W. (December 2012). "Class, Get Ready to Tweet: Social Media in the Classroom". *Our Children: The National PTA Magazine*, Vol. 38, no. 3, pp. 10-11. ↵ KATELLA, KATHY (8 January 2024). "How Social Media Affects Your Teen's Mental Health: A Parent's Guide". *Yale Medicine*. Retrieved 29 May 2024. ↵ eSafety Commissioner (August 2023). "Inappropriate content: factsheet". ↵ Sante, Siriporn (1 February 2023). "Cyberbullying in adolescents: a literature review". *International Journal of Adolescent Medicine and Health*. **35** (1): 1–7. doi:10.1515/ijamh-2021-0133. ISSN 2191-0278. PMID 35245420. ↵ "Phones are distracting students in class. More states are pressing schools to ban them". *NBC News*. Associated Press. 27 February 2024. Retrieved 29 May 2024. ↵ "Cocucllara sosyal medya yasağı: Türkiye ve dünyada tartışılan kısıtlama modelleri ne?". *BBC News Türkiye* (in Turkish). 29 November 2024. Retrieved 30 December 2024. ↵ Sarkaya, Salih (30 October 2014). "Social Media Ban In Turkey: What Does It Mean?". *Watch The Social Dilemma*. *www.netflix.com* (Film). Netflix Official Site. Retrieved 13 April 2022. ↵ a b Li, Yang-Yang; Sun, Yan; Meng, Shi-Qiu; Bao, Yan-Ping; Cheng, Jia-Lu; Chang, Xiang-Wen; Ran, Mao-Sheng; Sun, Yan-Kun; Kosten, Thomas; Strang, John; Lu, Lin; Shi, Jie (19 March 2021). "Internet Addiction Increases in the General Population During COVID-19: Evidence From China". *The American Journal on Addictions*. **30** (4): 389–397. doi:10.1111/ajad.13156. ISSN 1055-0496. PMC 8251395. PMID 33738888. ↵ Kane, Suzanne (6 December 2018). "Portion-Control in Social Media? How Limiting Time Increases Well-Being". *World of Psychology*. Archived from the original on 14 August 2020. Retrieved 29 April 2019. ↵ Pogorskiy, Eduard; Beckmann, Jens F. (2023). "From procrastination to engagement? An experimental exploration of the effects of an adaptive virtual assistant on self regulation in online learning". *Computers and Education: Artificial Intelligence*. **4**: 100111. doi:10.1016/j.caeai.2022.100111. S2CID 254612244. ↵ Hou, Yubo, Dan Xiong, Tonglin Jiang, Lily Song, and Qi Wang. "Social Media Addiction: its Impact, Mediation, and Intervention." *Cyberpsychology: Journal of Psychosocial Research on Cyberspace* 13, no. 1 (February 21, 2019). . ↵ "Meta Limits But Can't Shake Social Media Addiction MDL - Law360". *www.law360.com*. Retrieved 4 February 2025. ↵ Kist, W. (December 2012). "Class, Get Ready to Tweet: Social Media in the Classroom". *Our Children: The National PTA Magazine*, Vol. 38, no. 3, pp. 10-11. ↵ KATELLA, KATHY (8 January 2024). "How Social Media Affects Your Teen's Mental Health: A Parent's Guide". *Yale Medicine*. Retrieved 29 May 2024. ↵ eSafety Commissioner (August 2023). "Inappropriate content: factsheet". ↵ Sante, Siriporn (1 February 2023). "Cyberbullying in adolescents: a literature review". *International Journal of Adolescent Medicine and Health*. **35** (1): 1–7. doi:10.1515/ijamh-2021-0133. ISSN 2191-0278. PMID 35245420. ↵ "Phones are distracting students in class. More states are pressing schools to ban them". *NBC News*. Associated Press. 27 February 2024. Retrieved 29 May 2024. ↵ "Cocucllara sosyal medya yasağı: Türkiye ve dünyada tartışılan kısıtlama modelleri ne?". *BBC News Türkiye* (in Turkish). 29 November 2024. Retrieved 30 December 2024. ↵ Sarkaya, Salih (30 October 2014). "Social Media Ban In Turkey: What Does It Mean?". *Watch The Social Dilemma*. *www.netflix.com* (Film). Netflix Official Site. Retrieved 13 April 2022. ↵ a b Li, Yang-Yang; Sun, Yan; Meng, Shi-Qiu; Bao, Yan-Ping; Cheng, Jia-Lu; Chang, Xiang-Wen; Ran, Mao-Sheng; Sun, Yan-Kun; Kosten, Thomas; Strang, John; Lu, Lin; Shi, Jie (19 March 2021). "Internet Addiction Increases in the General Population During COVID-19: Evidence From China". *The American Journal on Addictions*. **30** (4): 389–397. doi:10.1111/ajad.13156. ISSN 1055-0496. PMC 8251395. PMID 33738888. ↵ Kane, Suzanne (6 December 2018). "Portion-Control in Social Media? How Limiting Time Increases Well-Being". *World of Psychology*. Archived from the original on 14 August 2020. Retrieved 29 April 2019. ↵ Pogorskiy, Eduard; Beckmann, Jens F. (2023). "From procrastination to engagement? An experimental exploration of the effects of an adaptive virtual assistant on self regulation in online learning". *Computers and Education: Artificial Intelligence*. **4**: 100111. doi:10.1016/j.caeai.2022.100111. S2CID 254612244. ↵ Hou, Yubo, Dan Xiong, Tonglin Jiang, Lily Song, and Qi Wang. "Social Media Addiction: its Impact, Mediation, and Intervention." *Cyberpsychology: Journal of Psychosocial Research on Cyberspace* 13, no. 1 (February 21, 2019). . ↵ "Meta Limits But Can't Shake Social Media Addiction MDL - Law360". *www.law360.com*. Retrieved 4 February 2025. ↵ Kist, W. (December 2012). "Class, Get Ready to Tweet: Social Media in the Classroom". *Our Children: The National PTA Magazine*, Vol. 38, no. 3, pp. 10-11. ↵ KATELLA, KATHY (8 January 2024). "How Social Media Affects Your Teen's Mental Health: A Parent's Guide". *Yale Medicine*. Retrieved 29 May 2024. ↵ eSafety Commissioner (August 2023). "Inappropriate content: factsheet". ↵ Sante, Siriporn (1 February 2023). "Cyberbullying in adolescents: a literature review". *International Journal of Adolescent Medicine and Health*. **35** (1): 1–7. doi:10.1515/ijamh-2021-0133. ISSN 2191-0278. PMID 35245420. ↵ "Phones are distracting students in class. More states are pressing schools to ban them". *NBC News*. Associated Press. 27 February 2024. Retrieved 29 May 2024. ↵ "Cocucllara sosyal medya yasağı: Türkiye ve dünyada tartışılan kısıtlama modelleri ne?". *BBC News Türkiye* (in Turkish). 29 November 2024. Retrieved 30 December 2024. ↵ Sarkaya, Salih (30 October 2014). "Social Media Ban In Turkey: What Does It Mean?". *Watch The Social Dilemma*. *www.netflix.com* (Film). Netflix Official Site. Retrieved 13 April 2022. ↵ a b Li, Yang-Yang; Sun, Yan; Meng, Shi-Qiu; Bao, Yan-Ping; Cheng, Jia-Lu; Chang, Xiang-Wen; Ran, Mao-Sheng; Sun, Yan-Kun; Kosten, Thomas; Strang, John; Lu, Lin; Shi, Jie (19 March 2021). "Internet Addiction Increases in the General Population During COVID-19: Evidence From China". *The American Journal on Addictions*. **30** (4): 389–397. doi:10.1111/ajad.13156. ISSN 1055-0496. PMC 8251395. PMID 33738888. ↵ Kane, Suzanne (6 December 2018). "Portion-Control in Social Media? How Limiting Time Increases Well-Being". *World of Psychology*. Archived from the original on 14 August 2020. Retrieved 29 April 2019. ↵ Pogorskiy, Eduard; Beckmann, Jens F. (2023). "From procrastination to engagement? An experimental exploration of the effects of an adaptive virtual assistant on self regulation in online learning". *Computers and Education: Artificial Intelligence*. **4**: 100111. doi:10.1016/j.caeai.2022.100111. S2CID 254612244. ↵ Hou, Yubo, Dan Xiong, Tonglin Jiang, Lily Song, and Qi Wang. "Social Media Addiction: its Impact, Mediation, and Intervention." *Cyberpsychology: Journal of Psychosocial Research on Cyberspace* 13, no. 1 (February 21, 2019). . ↵ "Meta Limits But Can't Shake Social Media Addiction MDL - Law360". *www.law360.com*. Retrieved 4 February 2025. ↵ Kist, W. (December 2012). "Class, Get Ready to Tweet: Social Media in the Classroom". *Our Children: The National PTA Magazine*, Vol. 38, no. 3, pp. 10-11. ↵ KATELLA, KATHY (8 January 2024). "How Social Media Affects Your Teen's Mental Health: A Parent's Guide". *Yale Medicine*. Retrieved 29 May 2024. ↵ eSafety Commissioner (August 2023). "Inappropriate content: factsheet". ↵ Sante, Siriporn (1 February 2023). "Cyberbullying in adolescents: a literature review". *International Journal of Adolescent Medicine and Health*. **35** (1): 1–7. doi:10.1515/ijamh-2021-0133. ISSN 2191-0278. PMID 35245420. ↵ "Phones are distracting students in class. More states are pressing schools to ban them". *NBC News*. Associated Press. 27 February 2024. Retrieved 29 May 2024. ↵ "Cocucllara sosyal medya yasağı: Türkiye ve dünyada tartışılan kısıtlama modelleri ne?". *BBC News Türkiye* (in Turkish). 29 November 2024. Retrieved 30 December 2024. ↵ Sarkaya, Salih (30 October 2014). "Social Media Ban In Turkey: What Does It Mean?". *Watch The Social Dilemma*. *www.netflix.com* (Film). Netflix Official Site. Retrieved 13 April 2022. ↵ a b Li, Yang-Yang; Sun, Yan; Meng, Shi-Qiu; Bao, Yan-Ping; Cheng, Jia-Lu; Chang, Xiang-Wen; Ran, Mao-Sheng; Sun, Yan-Kun; Kosten, Thomas; Strang, John; Lu, Lin; Shi, Jie (19 March 2021). "Internet Addiction Increases in the General Population During COVID-19: Evidence From China". *The American Journal on Addictions*. **30** (4): 389–397. doi:10.1111/ajad.13156. ISSN 1055-0496. PMC 8251395. PMID 33738888. ↵ Kane, Suzanne (6 December 2018). "Portion-Control in Social Media? How Limiting Time Increases Well-Being". *World of Psychology*. Archived from the original on 14 August 2020. Retrieved 29 April 2019. ↵ Pogorskiy, Eduard; Beckmann, Jens F. (2023). "From procrastination to engagement? An experimental exploration of the effects of an adaptive virtual assistant on self regulation in online learning". *Computers and Education: Artificial Intelligence*. **4**: 100111. doi:10.1016/j.caeai.2022.100111. S2CID 254612244. ↵ Hou, Yubo, Dan Xiong, Tonglin Jiang, Lily Song, and Qi Wang. "Social Media Addiction: its Impact, Mediation, and Intervention." *Cyberpsychology: Journal of Psychosocial Research on Cyberspace* 13, no. 1 (February 21, 2019). . ↵ "Meta Limits But Can't Shake Social Media Addiction MDL - Law360". *www.law360.com*. Retrieved 4 February 2025. ↵ Kist, W. (December 2012). "Class, Get Ready to Tweet: Social Media in the Classroom". *Our Children: The National PTA Magazine*, Vol. 38, no. 3, pp. 10-11. ↵ KATELLA, KATHY (8 January 2024). "How Social Media Affects Your Teen's Mental Health: A Parent's Guide". *Yale Medicine*. Retrieved 29 May 2024. ↵ eSafety Commissioner (August 2023). "Inappropriate content: factsheet". ↵ Sante, Siriporn (1 February 2023). "Cyberbullying in adolescents: a literature review". *International Journal of Adolescent Medicine and Health*. **35** (1): 1–7. doi:10.1515/ijamh-2021-0133. ISSN 2191-0278. PMID 35245420. ↵ "Phones are distracting students in class. More states are pressing schools to ban them". *NBC News*. Associated Press. 27 February 2024. Retrieved 29 May 2024. ↵ "Cocucllara sosyal medya yasağı: Türkiye ve dünyada tartışılan kısıtlama modelleri ne?". *BBC News Türkiye* (in Turkish). 29 November 2024. Retrieved 30 December 2024. ↵ Sarkaya, Salih (30 October 2014). "Social Media Ban In Turkey: What Does It Mean?". *Watch The Social Dilemma*. *www.netflix.com* (Film). Netflix Official Site. Retrieved 13 April 2022. ↵ a b Li, Yang-Yang; Sun, Yan; Meng, Shi-Qiu; Bao, Yan-Ping; Cheng, Jia-Lu; Chang, Xiang-Wen; Ran, Mao-Sheng; Sun, Yan-Kun; Kosten, Thomas; Strang, John; Lu, Lin; Shi, Jie (19 March 2021). "Internet Addiction Increases in the General Population During COVID-19: Evidence From China". *The American Journal on Addictions*. **30** (4): 389–397. doi:10.1111/ajad.13156. ISSN 1055-0496. PMC 8251395. PMID 33738888. ↵ Kane, Suzanne (6 December 2018). "Portion-Control in Social Media? How Limiting Time Increases Well-Being". *World of Psychology*. Archived from the original on 14 August 2020. Retrieved 29 April 2019. ↵ Pogorskiy, Eduard; Beckmann, Jens F. (2023). "From procrastination to engagement? An experimental exploration of the effects of an adaptive virtual assistant on self regulation in online learning". *Computers and Education: Artificial Intelligence*. **4**: 100111. doi:10.1016/j.caeai.2022.100111. S2CID 254612244. ↵ Hou, Yubo, Dan Xiong, Tonglin Jiang, Lily Song, and Qi Wang. "Social Media Addiction: its Impact, Mediation, and Intervention." *Cyberpsychology: Journal of Psychosocial Research on Cyberspace* 13, no. 1 (February 21, 2019). . ↵ "Meta Limits But Can't Shake Social Media Addiction MDL - Law360". *www.law360.com*. Retrieved 4 February 2025. ↵ Kist, W. (December 2012). "Class, Get Ready to Tweet: Social Media in the Classroom". *Our Children: The National PTA Magazine*, Vol. 38, no. 3, pp. 10-11. ↵ KATELLA, KATHY (8 January 2024). "How Social Media Affects Your Teen's Mental Health: A Parent's Guide". *Yale Medicine*. Retrieved 29 May 2024. ↵ eSafety Commissioner (August 2023). "Inappropriate content: factsheet". ↵ Sante, Siriporn (1 February 2023). "Cyberbullying in adolescents: a literature review". *International Journal of Adolescent Medicine and Health*. **35** (1): 1–7. doi:10.1515/ijamh-2021-0133. ISSN 2191-0278. PMID 35245420. ↵ "Phones are distracting students in class. More states are pressing schools to ban them". *NBC News*. Associated Press. 27 February 2024. Retrieved 29 May 2024. ↵ "Cocucllara sosyal medya yasağı: Türkiye ve dünyada tartışılan kısıtlama modelleri ne?". *BBC News Türkiye* (in Turkish). 29 November 2024. Retrieved 30 December 2024. ↵ Sarkaya, Salih (30 October 2014). "Social Media Ban In Turkey: What Does It Mean?". *Watch The Social Dilemma*. *www.netflix.com* (Film). Netflix Official Site. Retrieved 13 April 2022. ↵ a b Li, Yang-Yang; Sun, Yan; Meng, Shi-Qiu; Bao, Yan-Ping; Cheng, Jia-Lu; Chang, Xiang-Wen; Ran, Mao-Sheng; Sun, Yan-Kun; Kosten, Thomas; Strang, John; Lu, Lin; Shi, Jie (19 March 2021). "Internet Addiction Increases in the General Population During COVID-19: Evidence From China". *The American Journal on Addictions*. **30** (4): 389–397. doi:10.1111/ajad.13156. ISSN 1055-0496. PMC 8251395. PMID 33738888. ↵ Kane, Suzanne (6 December 2018). "Portion-Control in Social Media? How Limiting Time Increases Well-Being". *World of Psychology*. Archived from the original on 14 August 2020. Retrieved 29 April 2019. ↵ Pogorskiy, Eduard; Beckmann, Jens F. (2023). "From procrastination to engagement? An experimental exploration of the effects of an adaptive virtual assistant on self regulation in online learning". *Computers and Education: Artificial Intelligence*. **4**: 100111. doi:10.1016/j.caeai.2022.100111. S2CID 254612244. ↵ Hou