



A GENERATION DEMANDING

CHaNGe

Vol. 2

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Social media has stolen innocence from our generation, created the worst mental health crisis that has ever been documented, and contributed to harm in ways society was not prepared to handle. *We want to change that.*

We are the **Wired Human Youth Coalition**—a select group of students ranging in age and experience from middle school to college. WHYC formed as a special project of Wired Human, a non-profit organization working to educate, equip, and engage the world with the truth about digital harms to children and the solutions to bring change. By sharing our experiences, our ideas, and our hope for a brighter future, we can create conversation that involves both advocacy and accountability.



EDUCATE

We educate and develop tools to combat online harm and exploitation.

EQUIP

We recruit and train students from across the U.S. to combat and speak up about digital harms.

ENGAGE

We bring key stakeholders together to collaborate with the next generation of youth to discover solutions.



We conducted an anonymous survey with 200+ respondents from across the U.S. about social media harms. Here's what they had to say.

2025 Wired Human Youth Coalition Survey ON SOCIAL MEDIA

"I constantly see people using AI to plagiarize assignments and it becomes tempting because 'everyone else is doing it.'"

Started using social media at 13, currently 21

"Me and my friends, no matter our age, receive solicitations from older men we do not know. I personally was harassed online by a person using multiple usernames as they repeatedly asked me (13 at the time) for explicit images. Social media can be scary."

Started using social media at 13, currently 19

"All companies should make their algorithms open sourced so that people can see exactly what is being pushed and why. Then they can't secretly push agendas like politics, pornography, drama, division, etc."

Started using social media at 14, currently 18

"I myself was blackmailed on social media and had suicidal thoughts. If it can happen to me it can happen to anyone."

Started using social media at 13, currently 21

"I think it makes teachers' jobs harder because their students are always distracted."

Started using social media at 15, currently 21

"It makes me sick thinking about the tools that are used to lure children in and stay hooked to their screen."

Started using social media at 13, currently 20

"Social media exposed me to pro-anorexia and pro-bulimia communities (places online where people gather to encourage others in their eating disorders) at a disgustingly young age, content that promoted self harm and

suicidal ideation, content that fantasized and fetishized the very real mental health struggles that I was facing, but instead of encouraging me to handle them and get better, they encouraged me to not only remain sick, but get sicker."

Started using social media at 10, currently 20

"Social media makes me feel like a dumb lab rat."

"Me and half the girls I was friends with in middle school, got our nudes leaked. There was a group chat with all of the nudes that boys had 'collected' and some still have all of those pictures."

Started using social media at 10, currently 20

"It's honestly just an inescapable cycle of anxiety that seems to get worse."

"I actually cyber bullied somebody in 8th grade through Instagram. Luckily it got reported to the school administrators and I talked to them. I was suspended and while I was doing it I didn't know it was wrong because I was a child on the internet."

Started using social media at 11, currently 21

"Fear of missing out was my primary reason for getting social media, and now it makes that fear worse."

Started using social media at 13, currently 20

"People are less likely to have real conversations and conduct factual research when they can just pile false information on top of hate on top of untruthful claims by hiding behind a screen."

Started using social media at 13, currently 21

"My attention span quickly shortened, and I was exposed to content I was too young to see."

Started using social media at 10, currently 20

"The day I turned 18, I immediately started getting a lot more sexual and explicit content on my feed and a lot more sex bots liking my posts, stories, etc. No matter how much I try to get rid of them, it's impossible, and it's clearly an intentional algorithmic feature to

try to get young men to use the platform more, no matter what they are using it for."

Started using social media at 14, currently 18

"I do not feel comfortable with the idea of profiting off of something that is a detriment to my life. It makes me feel like a victim."

Started using social media at 14, currently 21

"I experienced exposure to inappropriate sexual videos shared at such a young age and it scarred. It also affected my self esteem to the point that I was diagnosed with extreme anxiety. These things wouldn't have happened if I didn't have social media."

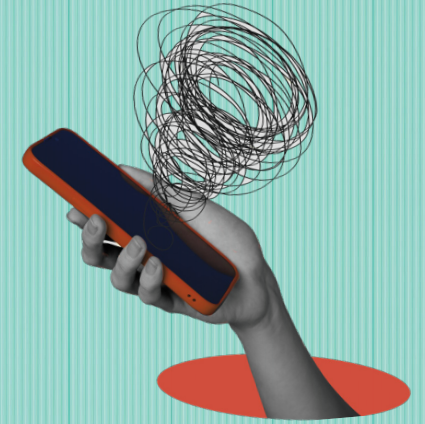
Started using social media at 13, currently 20

"It prevents me from doing things that are good for me and has even encouraged me into some habits that are destructive, such as drinking and smoking."

Started using social media at 12, currently 17

"The thought of it makes me a little upset and let down by people that have this kind of power to create nurturing, helpful platforms that contribute to the quality of life for individuals."

Started using social media at 12, currently 20



What harms have you experienced personally?

- 78% Impact on Studies
- 76% Sleep Disruption
- 74% Fear of Missing Out
- 72% Decreased Attention Span
- 71% Addiction
- 61% Body Image Concerns
- 58% Misinformation
- 49% Exposure to Sexual Content
- 39% Polarization
- 39% Reduced Face-to-Face Contact
- 29% Privacy Invasion
- 16% Suicidal Thoughts or Self-Harm
- 15% Exploitation

"I think my attention span is fried."



95%
OF TEENS

ARE ON AT LEAST ONE
SOCIAL MEDIA PLATFORM.

—Youth Villages



IN 2024, 46 STATES PASSED

238

TECHNOLOGY
PROTECTION LAWS

INCLUDING A.I., CHILD SAFETY,
& PRIVACY LAWS

—NYU Center for Social Media & Politics

1 in 10
MINORS

KNEW FRIENDS OR CLASSMATES
WHO USED A.I. TO GENERATE
NUDES OF OTHER KIDS.

—Thorn



BIG TECH SPENT

\$85.6
MILLION

ON LOBBYING IN 2024.

—Axios.com

IT ONLY TAKES

8

MINUTES


FOR A STRANGER TO BOND
WITH A CHILD ONLINE

—Bark Technologies



WIRED HUMAN

wiredhuman.org

 @wearewiredhuman



LISA & JASON FROST
Wired Human Founders