

# Suicide among teens and the relations to social networks

Examining the links between teenage suicide and social media is a controversial topic, but one that definitely deserves attention.

- [Examples for extended responsibility for the young social network users](#)

# Examples for extended responsibility for the young social network users

Overall, the studies on this topic do not show clear or exclusive evidence that social networks directly cause an increase in suicide cases, but it is undeniable that limiting this potential risk is necessary. Possible measures include:

## 1. Algorithm transparency and regulation

- Mandatory transparency reports on what content is recommended to teenagers.
- Automatic suppression of explicitly harmful content (self-harm, eating disorder, or suicide-glorifying material).
- A "safe mode" algorithm specifically designed for teens

## 2. Increasing platform responsibility

- Platforms must report when a teenager searches for dangerous keywords (e.g., "how to self-harm").
- Platforms must display crisis hotline information.
- Significant expansion of moderation resources.

## 3. Limiting manipulative design (dark patterns)

- Removing like-counters for ages 13-16.
- Reducing the frequency and intensity of notifications.
- Automatically disabling "infinite scroll" for teenage users.

## 4. Social media time limits for minors

- Mandatory digital time limits for ages 13-17 (with parental override).
- Automatic disabling of nighttime notifications.

## 4. Digital resilience education

This helps develop ecosystem-level protective mechanisms:

- critical media literacy
- algorithm awareness
- recognizing comparison traps

- strategies for handling cyberbullying
- strengthening offline communities

#### Developing medical and mental health protocols

- Family doctors and psychologists should receive training to recognize social-media-related risk signals.
- Routine questions about social media usage patterns should be included in assessments.

#### 7. Supporting parental involvement

Easy-to-understand platform reports: screen time, dominant content types, patterns of use.

- A parental “dashboard,” but without full surveillance (which could provoke resistance).

#### 8. Strengthening offline communities and support networks

From a social-ecological resilience perspective, this is one of the strongest protective factors:

- supporting youth community programs
- improving school mental health services
- providing sports, arts, and community spaces
- “digital detox” programs

#### 9. Building research infrastructure

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Providing researchers with access to anonymized data

- Supporting longitudinal studies
- Annual independent audits