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Programmanus

av Kate Holland

Hi, and welcome to Newsreel. I'm Kate Holland.

Coming up:

Accusations of how Instagram is harming teens.

OLIVIA: Unrealistic body image stuff.

But first...

Lip Filler Ban

A new law has been introduced in England which bans under-18s from getting botox or dermal lip fillers for cosmetic reasons.

The UK government says that over 40 thousand of these treatments were carried out on teenagers in England last year.

Dr Nina Bal is a cosmetic surgeon. She told the BBC that such procedures are unnecessary and a waste of money.

DR NINA BAL: For purely cosmetic treatments, you don't really need anything when you're so young. It would be unnecessary, it would be a waste of time, a waste of money.

Whistleblower Attacks Facebook

Now, could what you see on Instagram be affecting your mental health?

Frances Haugen is a so-called whistleblower. She used to work at Facebook. But she quit and went public with claims that Facebook's own research showed that their Instagram-app was harming young people.

Frances Haugen said issues around negative body image and eating disorders were being ignored by Facebook and accused them of putting young people's lives in danger.

Here she is talking to the US TV network, CBS.

ban

förbud

cosmetic reasons

skönhetsskäl

treatments

behandlingar

were carried out

utfördes

surgeon

kirurg, som utför

operationer

procedures

här: ingrepp

waste

slöseri

whistleblower

visselblåsare, person

som slår larm

went public

gick ut offentligt

claims

påståenden

was harming

skadade

FRANCES HAUGEN: *What's super tragic is Facebook's own research says – as these young women begin to consume this eating disorder content they get more and more depressed, and it actually makes them use the App more. And so they end up in this feed-back cycle where they hate their bodies more and more. Facebook's own research says – it is not just that Instagram is dangerous for teenagers, that it harms teenagers. It is that it is distinctly worse than other forms of social media.*

KATE: Facebook have denied the claims and say they do everything they can to protect teenagers.

I've been speaking to 17-year-old Olivia about this issue. I asked her if going on social media affects her mood.

OLIVIA: *I would say definitely scrolling on Instagram too much can make you feel very – unproductive for a start. But also, sometimes there's stuff on there that's just a bit like – I didn't really need to see that.*

KATE: *What's the worst kind of content you see?*

OLIVIA: *Unrealistic body image stuff.*

KATE: *What did you think of the claims that Frances Haugen has made about Facebook?*

OLIVIA: *I don't think it really surprises me – they can profit from it more.*

KATE: *What do you think Facebook could do to help this situation?*

OLIVIA: *Well the stuff that is potentially harmful, they could try and restrict it - they shouldn't actively try and share it.*

KATE: *And do you have any advice for young people about what they might see on social media?*

OLIVIA: *I would definitely say the stuff that you see online is probably not realistic. If you're following someone like on Instagram or something like that that makes you feel down, you should unfollow them.*

KATE: I've also been speaking to Lola who's 18.

KATE: *Are you aware of accounts that could do harm to teenagers and girls in particular?*

LOLA: *There's accounts such as the fitness accounts or the healthy eating accounts that they could monitor closer. On social media you have to tailor it to what you*

issues

problem

eating disorders

ätstörningar

accused

anklagade

research

forskning

content

innehåll

distinctly worse

betydligt värre

have denied

har förnekat

unproductive

improduktiv,

overksam

body image

kroppsbild/

kroppsuppfattning

profit

tjäna

potentially

harmful

som kan vara

skadligt

restrict

begränsa

advice

råd

aware

medveten

monitor

kontrollera

want. Try find things that you genuinely like. If you're really into gymnastics then go follow actual gymnastics accounts and then your social media will tailor it to that.

tailor
skräddarsy

KATE: Thanks so much, Olivia and Lola and thank you for listening and speak to you all soon!

Goodbye!