

TERMS OF REFERENCE

for the

ALL-PARTY PARLIAMENTARY GROUP

on

SOCIAL MEDIA AND YOUNG PEOPLE'S MENTAL HEALTH AND WELLBEING

Chair: Chris Elmore (Labour)

Secretary: William Wragg (Conservative)

Vice-Chairs: Sarah Champion (Labour), Victoria Prentis (Conservative), Jessica Morden (Labour), Bambos Charalambous (Labour)

1. Background

The All-Party Parliamentary Group (APPG) on Social Media and Young People's Mental Health and Wellbeing (hereafter 'the APPG') was established in March 2018 with the support of the Royal Society for Public Health (RSPH).

In early 2017, RSPH conducted a UK-wide survey of 1,479 14-24 year olds asking them about five of the most popular social media platforms: Facebook, Instagram, Snapchat, Twitter and YouTube. The aim of the survey was to find out how they feel each of these platforms impact their health and wellbeing (both positively and negatively), to make comparisons between these platforms, as well as asking them their views on a number of policy recommendations.

Based on the findings of this survey, RSPH published [#StatusofMind](#). This report highlights the potential positive effects of social media on mental health, including providing access to other people's health experiences and expert health information, emotional support and community building, providing a space for self-expression and self-identity and making, maintaining and building upon relationships. However, with these positives come a range of potential negative effects, with respondents to the survey reporting that social media was responsible for creating feelings of anxiety and depression, negative body image, cyber bullying, contributing to poor sleep and a fear of missing out (FOMO).

Currently research, policy and legislation is lagging behind in terms of its ability to effectively assess and mitigate the negative impacts social media is having on young people. Building on the findings of [#StatusofMind](#), the APPG provides a parliamentary platform to address this gap. The parliamentary register for the APPG is available [here](#).

2. Objectives

The objectives of the APPG are:

- to build upon the evidence base of the impact of social media on young people's mental health and wellbeing;
- to raise the political profile of the issue;
- to drive policy change that mitigates the bad and maximises the good of social media for young people.

3. Secretariat

The secretariat for the APPG is provided by RSPH.

The role of RSPH is to provide administrative support, uphold the rules of an APPG, and act as a key contact/coordinator for meetings and members.

RSPH will also manage any sponsorship monies, events and expenses, keeping full accounts records and making any necessary declarations of interest within the rules of the APPG.

4. Public Enquiry Point

Niamh McDade, Senior Policy and Communications Executive, RSPH.

Tel: 020 7265 7391.

Email: nmcdade@rsph.org.uk.

5. Members

MPs and members of the House of Lords from all parties are invited to join the APPG.

Officers of the group include:

- Chris Elmore (Chair), MP for Ogmore, Labour Party
- William Wragg (Secretary), MP for Hazel Grove, Conservative Party
- Sarah Champion (Treasurer), MP for Rotherham, Labour Party
- Victoria Prentis (Vice-Chair), MP for Banbury, Conservative Party
- Jessica Morden (Vice-Chair), MP for Newport East, Labour Party
- Bambos Charalambous (Vice-Chair), MP for Enfield, Southgate, Labour Party

Other members of the group include:

- Tracy Brabain, MP for Batley and Spen
- Ben Bradley, MP for Mansfield
- Lisa Cameron, MP for East Kilbride, Strathaven and Lesmahagow
- Ruth Cadbury MP for Brentford and Isleworth
- Alex Chalk, MP for Cheltenham
- Colleen Fletcher, MP Coventry North East
- Louise Haigh, MP for Sheffield, Heeley
- Carolyn Harris, MP for Swansea East
- Nick Herbert MP, for Arundel and South Downs
- Lord Hunt of Kings Heath

- Darren Jones, MP for Bristol North West
- Julian Knight, MP for Solihull
- Norman Lamb, MP for North Norfolk
- Layla Moran, MP for Oxford West and Abingdon
- Lloyd Russell-Moyle, MP for Brighton, Kemptown
- Paula Sheriff, MP for Dewsbury

6. Advisory Panel

An Advisory Panel will consist of independent specialists with specific expertise in all areas related to young people's mental health and wellbeing, social media and digital technology. The Advisory Panel will provide expert knowledge and guidance to the APPG.

7. Supporting Organisations

Alongside its parliamentary members, the APPG invites Supporting Organisations with an interest or expertise in relation to the impact of social media on young people's mental health and wellbeing to contribute valuable opinions and expertise to work of the APPG. Being a Supporting Organisation of the APPG does not necessarily signify support for or opposition to any particular policy or initiative, but rather a desire to see an evidence-based debate. The APPG does not grant voting rights to Supporting Organisations.

A full list of Supporting Organisations will be published in due course on the [APPG page](#) on the RSPH website.

8. Programme of Work

The APPG will as part of its programme regularly review:

- New and emerging evidence.
- Government policy.
- Local, regional, national and international innovation and comparisons.
- Organisations to work with, including industry, third sector and academia.
- The involvement of young people themselves in the work of the APPG.

The programme will cover a range of topics related to social media and young people's mental health and wellbeing.

The APPG may look to produce reports/documents following its own inquiries into specific areas. It will also signpost to and reference any external reports and information that it feels are appropriate to the topic and work of the APPG.

The APPG will be holding an inquiry into the impact of social media on young people's mental health and wellbeing. The inquiry will take evidence from a range of expert stakeholders including professionals working with young people; youth and mental health charities, clinicians, academics, government and industry representatives, parents, and young people themselves. More information is available on the [APPG web page](#).

9. Meetings and Events

The APPG will hold a minimum of two meetings per year. Details of these meetings will be announced in due course. The APPG may also host a number of events throughout the year.

10. Financials

APPGs receive no taxpayer funding. Funding is required, however, to run a professional and effective group. There are costs associated with administration, event management, running a webpage and more.

The work of the APPG is supported by RSPH core funding, with the option for additional individual donations from companies and other interested groups. Sponsors have no say over the running of the group, and sponsorship confers no special access or privileges. Any monies received relating to the APPG will be declared on the Parliament website within 28 days of receipt. All funds received (no matter how great or small the amount) are declared in the Register of All-Party Groups, which is compiled and published by the Office of the Parliamentary Commissioner for Standards.

It is the role of the Officers of the APPG to ensure transparency and independence within the group.

Full year accounts will be prepared by RSPH and made available on the [APPG web page](#).