

'Teens, Tech, and Mental Health: Navigating Social Media in the Digital Age'

By: Dr Nur Al Hasan Haldar

Friday, 12 September 2025
1:45pm to 4:00pm (Jakarta time)

Indonesian graduates and scholars of Australian tertiary institutions who are interested in attending this event, please RSVP by Wednesday, 10 September, via this link:

<https://oz.link/rsvpGL12SEP>

**Due to the limited availability of places, early registration is recommended. A link to this event will be shared with you after registration.*

Lecture overview

Social media is now a central part of many teenagers' lives, shaping how they connect, express themselves, and see the world. It offers exciting opportunities for creativity and support, but it also brings real challenges for mental health that cannot be ignored.

This lecture explores how social media use affects young people's mental well-being, drawing on recent research. A 2023 report from the American Psychological Association found that teens spend nearly five hours a day on

social platforms. More than 40% of the most frequent users rated their mental health as 'poor' or 'very poor,' and were twice as likely to report self-harm or suicidal thoughts compared to those who spent less time online.

This lecture will cover factors behind these outcomes, such as comparison culture, cyberbullying, algorithm-driven content, and addictive design features. It will also highlight the positive side of social media, including access to mental health resources, peer support, and spaces for self-expression.

The session will provide practical tips to help reduce the risks and maximise the benefits of social media use, along with clear recommendations for parents, educators, and policymakers to protect young people's digital well-being.

Participants will gain an understanding of current trends, challenges, and solutions, and how collective action can help create a healthier digital future for the next generation.

Dr Nur Al Hasan Haldar is a respected academic and researcher whose work explores the intersection of technology and its impact on society. As a lecturer in computer science at Curtin University, his research in data science goes beyond technical innovation, examining how digital systems influence human experiences and shape social structures.

In recent years, Dr Haldar has focused on the growing influence of social media, particularly in personalisation, recommendation algorithms, and mental health outcomes among adolescents. His research highlights how digital platforms can contribute to challenges such as anxiety, depression, and social isolation, while also serving as powerful tools for connection, advocacy, and support.

Through his participation in this Guest Lecture, Dr Haldar brings a global perspective to local discussions on digital well-being. Dr Haldar's evidence-based insights provide practical strategies for creating healthier online environments and promoting responsible social media use, making his work especially valuable for educators, parents, and policymakers navigating the complexities of the digital age.



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