**Facts**

- Social media is known to affect teenagers, especially teen girls. This has caused teen depression rates to increase along with suicide rates over the years.
- Depression affects about 20% of adolescents by the time they become adults.
- Teen depression rates have risen 63% since 2013-47% for boys and 65% for girls.

**Survey**

In order to get as many perspectives as possible we interviewed teachers, professionals (counselors and therapists), and students/teens. We wanted to hear everyone’s opinions and thoughts. The information we got was very interesting, professionals said that a lot of teen depression comes from problems at home (with family) or in school (grades, and friends), when we surveyed the teens a lot said they were coping with these exact problems. Because we got all the perspectives we were able to overlap the information.

**Recommendations**

We believe that an effective way to raise awareness of teen depression would be to organize some sort of program that focuses not only on the causes and symptoms of depression in teenagers, but what people like parents, teachers, family, or close friends could do to help and encourage those who are going through a hard time. What the program would entail is an open discussion where people talk about their experiences and ways that they cope or have helped others cope. This is just to have a way for people to connect and for them to not feel like they are fighting their battle alone. Because at the end of the day, people just want to be understood and need someone to be there for them.

**Main References**
