

## **Young people's resilience when using social media: Challenges and factors that jeopardize resilience**

Maria Schmuck<sup>a</sup>, Kim Büttner<sup>b\*</sup>, Lisa Christen<sup>a\*</sup>, Jenny Traina<sup>c</sup>, Oliver, Büttner<sup>b</sup>, Michael Haas<sup>c</sup> & Gunnar Mau<sup>a</sup>

*<sup>a</sup>Deutsche Hochschule für Gesundheit und Sport, Berlin, Germany; <sup>b</sup>Universität Duisburg-Essen, Essen, Germany; <sup>c</sup>MediaSmart e.V., Köln, Germany*

\*Correspondence should be addressed to kim.buettner@uni-due.de and lisa.christen.research@outlook.de

## **Young people's resilience when using social media: Challenges and factors that jeopardize resilience**

Digital services are playing an increasingly central role in the lives and socialization processes of adolescents. This results in requirements in the usage process that go beyond the skills of children and adolescents and thus present them with challenges for which there is usually no systematic understanding, making it almost impossible to deal with them in a resilient manner. This study conceptualizes the challenges faced by adolescents in dealing with digital offerings as well as the resilience factors whose promotion promotes healthy development despite these challenges. 15 semi-structured individual interviews were conducted with people in the 12-15 age group. The challenges reported were compared with those identified in a systematic literature analysis. From this, the competencies necessary for the resilience of young people, such as self-regulation strategies, were derived, which will be examined in the further course of the research.

**Keywords:** challenges and skills; social media; resilience factors