

SOCIAL MEDIA AND ITS EFFECTS ON THE BEHAVIOUR OF MIDDLE SCHOOL CHILDREN

Vandana Kumari^{1*}, Dr. Thakur, Sugandha Shekhar^{2**}

¹*PhD Scholar in Journalism and Mass Communication, Lovely Professional University, Phagwara, Punjab

²**Assistant Professor (Department of Journalism)

***Research Scholar (Department of Journalism)

*Corresponding Author
Vandana Kumari¹, Dr.
Thakur, Sugandha
Shekhar²**

Article History

Received: 12.09.2025

Revised: 23.09.2025

Accepted: 13.10.2025

Published: 29.10.2025

Abstract:

Teens and young adults are increasingly turning to social media as a means of self-expression, communication, and content sharing. It's hard to imagine life without social media and cellphones these days. Children can use these technologies and the internet at a younger age. It set off a new cultural pattern that changed how people interacted with one another and how society works as a whole. Though it has many positive uses, social media also poses risks to children's mental health. Their behavior, mental health, and social interactions are all impacted by the abundance of online communication tools such as Facebook, Myspace, Twitter, Instagram, YouTube, LinkedIn, and a plethora of blog formats. A child's gender, personality, upbringing, and life experiences all have a role in how they are impacted by social media. Society and policymakers must pay close attention to cyberbullying, online grooming, depression, anxiety, sexting, excessive exposure to inappropriate information, narcissism, and other related issues. In this article, we will look at the pros and cons for kids, analyze how we can make it better, and talk about the legal protections, focusing on ASEAN nations.

Keywords:

Social media, middle school children, behaviour, emotional regulation, academic performance, cyberbullying, parental mediation.

INTRODUCTION

Daily life for many youngsters includes social media, which is rising annually. On social media, users can create, share, and network. Chatting on Facebook, reading a favorite author's blog, watching YouTube, or playing online games are social media activities[1]. Social media may be done alone (like viewing a Facebook timeline) or with people. Children may also communicate via social media[2]. While social media is more than social networking, several sites enforce age limits for new members. Facebook and Snapchat membership is required for 13-year-olds under the Children's Online Privacy Protection Act[3]. Kids are protected from online dangers by sites with age restrictions. Indeed, minors converse on social media. Social media may be utilized without the knowledge of its repercussions by preteens and children [4]. Children are rarely included in social media research. The term "child" may be used in the literature to refer to adolescents and children. The UN Convention on the Rights of the Child (UNCRC) guarantees children survival, complete development, protection from violence, abuse, and exploitation, full participation in familial, cultural, and social life, privacy, and more[5]. According to the UN Convention on the Rights of the Child, all children are entitled to fundamental human rights. It was created in 1989 and put into use in 1990. The CRC covers all child rights in 54 articles. All countries except the US have ratified the CRC. It is vital because it affirms that children have human rights, identities, need protection, and must be heard and considered[6].

This rushed competition frequently ignores children's rights. These community-supporting technologies frequently promote child sex exploitation, trafficking, and abuse [7]. In the early days of the Internet, States recognized the risk to children and, via the Optional Protocol to the Convention on the Rights of the Child, Internet child sexual abuse was banned globally due to child selling, prostitution, and pornography[8]. Governments developed local child protection laws alongside international ones. Children have the right to survive, grow, and be protected from violence, exploitation, and abuse worldwide. This applies to both offline and online settings. Unfortunately, child abuse continues globally, particularly in ASEAN. ASEAN leaders adopted the Declaration on the Elimination of Violence against Women and Children in 2013. Late in 2015, ASEAN launched its Regional Plan to End Child Violence. Online violence prevention is a top priority in the Regional Plan of Action[9]. The risks of kids using social media and their internet readiness must be addressed. This matters when considering how TV may interact with the Internet and social media. Children's participation in social media is crucial because parents frequently provide them with smartphones and tablets[10]. We know media's effects on kids may be beneficial and detrimental. Children have been shown to be affected behaviorally (increased aggressive behavior), mentally (heightened fear and anxiety about the world they live in), and socially (desensitization to others' suffering and legitimization of violence as the primary way to resolve human conflict) by television, film, and video game violence, which is prevalent worldwide[11]. Even moral or educational violence, social issues, and violations of

children's rights can be harmful. Children are affected differently by media violence depending on their personality, gender, family, societal, and life experiences[12]. In 2007, Thailand has 500,000 sexually appealing websites and 250 self-produced teenage nude video sites. Other nations lack research of this kind. Unknown online child abuse rates[13].

We must be more vigilant and investigate child pornography, sexual abuse and sexting, grooming, identity theft, cyberbullying and cyberstalking, mental illness, narcissism, and behavioral issues. This article will look at how social media helps children in each area. As a result, we must emphasize our responsibilities and actively educate children about online safety[14].

Objectives

- To study the behavioral effects of social media on middle school students.
- The goal is to study the impact of social media on academic engagement and attention span.
- Monitor emotional and social effects including anxiety, peer pressure, and digital empathy.
- Provide advice on both developmental and preventative strategies for balancing digital use.

Social media and children

Online systems used to connect, share material, and build social networks are called social media. Popular networks include Facebook, Twitter, WhatsApp, Tumblr, Instagram, Pinterest, Skype, YouTube, Viber, and Snapchat[15]. Social media requires posting and sharing. This comprises: This includes establishing

- online profiles,
- publishing comments or talking,
- uploading images and videos,
- sharing links,
- tagging photos and material,
- developing and distributing game modifications,
- remixing or modifying existing content.

Social Media and ASEAN Countries

Over half the world's population is online, and a quarter billion more joined in 2017. East Asians account for more than 25% of mobile social media users. China's enormous population and Asia-Pacific infrastructure issues contribute[16]. Indonesia, Malaysia, the Philippines, Thailand, and Vietnam are "mobile first" for internet and social media. In mobile social media, South Korea leads the globe. Qatar comes second with two-thirds of its population using mobile social media monthly. 85 percent of mobile users, 83 percent of smartphones, and 2 percent of feature phones visit Facebook[17]. According to the "We are Social" study, internet users spend more than five hours each day online in Malaysia, Thailand, the Philippines, Vietnam, Indonesia, and the Philippines. The internet is used by

more than half of the people in Southeast Asia, and 80 million new users have joined the network in the past year [18]. Google and Temasek expect Southeast Asia to dominate mobile internet consumption in 2018. According to company data, men account for over 55% of internet users. Internet penetration in ASEAN ranges from 1% in Myanmar to 73% in Singapore[19]. According to a Google investigation, Southeast Asia has more internet users than the United States, and the internet is having a greater impact on the region than anticipated. The most time is spent on social media by Filipinos—3.4 hours per day[20]. Malaysians, Thais, and Indonesians spend nearly two hours on social media everyday. Among our Key 30 economies, Filipinos spend the most time on social media, 3.5 hours per day. However, the average amount of time spent on social media by Japanese people is less than 20 minutes per day[21].

NEGATIVE EFFECTS OF SOCIAL MEDIA ON CHILDREN

Social media and networking sites like Facebook, Twitter, and My Space have grown in popularity recently, and young people enjoy using them to keep in touch with old friends and meet new ones[22]. However, parents should be aware of these sites' drawbacks and how to safeguard their children. The most pernicious impacts of social media on children are listed below. A recent University of Rome study provided some of this information. To determine how social media affects individuals, they surveyed 50,000. According to the findings, social media has a negative impact on social well-being[23]. Children around the world are at risk of being groomed online, exposed to inappropriate content, indecent or pornographic content, false advertising, online gambling, racism, cyberbullying, and sexting in order to keep them safe online. Technology and social media provide new ways to threaten children and young people.

Although Brunei's laws conform to international standards, numerous key loopholes reduce protection for all abused minors, particularly those involved in prostitution. Brunei's Women and Girls Protection Act addresses child prostitution. Brunei criminalizes exchanging children's sexual services for consideration ('obtaining'), but several provisions only cover paying for sexual intercourse[24]. Many social problems/crime use social media, however here are a few:

Child Pornography

Child pornography is any portrayal of a child or a minor-like person engaging in sexual activity. Pictures, videos, and CGI are included. It counts to change a picture or video to make it look like a child. Child pornography

State laws criminalize child pornography possession and dissemination. Most of the time, this crime is

committed online or through illegal photo downloads. An important exception to illegal child pornography are artistic depictions with literary, artistic, political, or scientific significance. Child pornography does not exist in a book about a child's anatomy [25]. Five requirements provide access to ASEAN laws:

- Do there any laws that criminalize child pornography?
- Does the law currently define child pornography?
- Does possessing child pornography constitute a crime?
- Is it illegal to distribute child pornography online?
- Should ISPs disclose suspected child pornography to law enforcement?
- To answer this issue, no ASEAN nation requires ISPs to report child pornography.

Brunei has child pornography laws. Some child pornography activities come under ordinary criminal law restrictions on 'obscene articles'. Brunei's Section 292(2) covers child pornography media. Singapore, Malaysia, and Indonesia do not have specific laws against child pornography, but Vietnam and Thailand do. The Philippines abuses five-year-olds on camera many times a day when customers from various time zones connect online. Philippines' £1billion-a-year made-to-order cybersex business exploits their own children for £2. Webcam child sex abuse is most common in the Philippines[26]. Very broad obscene article rules may also cause contradictions in criminal law enforcement and judicial applications. This may leave children without legal protection since conviction rates remain low despite attempts. Legislation that is more protective of children and better enforcement are required.

Child Sexual abuse and Sexting

The Children and Young Persons Law Section 2 Sub Section (3) (c) defines sexual abuse as "a child or young person is sexually abused if he has taken part, whether as a participant or an observer, in any sexual activity for the purposes of any pornographic, obscene or indecent material, photograph, recording, film, videotape or performance or for the purpose of sexual exploitation

Sexting is transmitting or transferring sexually explicit photos or videos of the sender or someone known via mobile phone. Because teens are exposed to mobile phones earlier and earlier, this is common among them. Sexual abuse at its worst is sexting. Sexting, or sending photos that are nude, semi-nude, or sexually explicit, is legal between adults who are willing to do so, but it is risky because both parties must trust the other not to share the images even if the relationship ends. About 20% of kids sext, and the hazards are higher than for adults. Distributing sexually explicit material about minors is illegal under the Criminal Code of Canada. This is done to protect children, even though they could be prosecuted for sharing pornographic images of themselves[27].

Child grooming

The mounting evidence that paedophiles may create false social media identities to befriend young children and teens is alarming. To gain children's trust, they act like they are the same age. They may then learn their schools and hangouts. They might then make use of that information to intimidate, start sexual relationships with their victims, or show them pornographic images or content. It may cause moral, emotional, and societal issues. Child grooming rarely comes to mind when we think of child sexual exploitation; instead, we typically think of child pornography, child prostitution, and child abuse. Child grooming was not widely publicized in Malaysia until UK paedophile Richard Huckle confessed to grooming and abusing approximately 200 Malaysian children between 2006 and 2016[28]. How are such horrible acts undiscovered for so long? To put it simply, the pedophile taught the innocent children to appear trustworthy and harmless. Because the victims of child grooming never show any early signs of being groomed for sexual exploitation and are frequently unaware that they are being groomed, the practice is analogous to a disease that slowly kills its victims. In ASEAN nations, government agencies rarely discuss how to combat sexual child grooming, especially if existing laws are sufficient.

Cyberbullying and Cyberstalking

Cyberbullying is "the process of using the internet, cell phones, or other devices to send or post text or images intended to hurt or embarrass another person through hostile behavior such as sending text messages and posting ugly comments on the internet."

Cyberbullying is a social media risk. Cyberbullying may cause melancholy and anxiety in victims. Many young people worldwide have committed suicide due of cyberbullying. Sadly, many children suffer harm and harsh remarks from strangers. Online sexual predators attract young people. [29]

Cyberbullying, which typically involves sending messages that are intimidating or threatening, is widespread online and has the potential to cause mental harm or death. 49.5% of students said they had been bullied online, and 33.7% said they had been bullied online. 800,000 adolescents were targeted by bullies on Facebook, according to a 2012 study. Nearly twice as many middle schoolers who were cyberbullied attempted suicide. After a sexually explicit image of Rehtaeh Parsons was shared worldwide, she attempted suicide in 2013.

Cyber-stalking

Stalking is compulsive surveillance or attention that may torment the victim. Social media allows numerous forms of cyberstalking. It may involve slander, libel, defamation, and false accusations. It

may also include surveillance, identity theft, threats, vandalism, sex solicitation, or obtaining information to intimidate, shame, or harass. After breaking up, some ex-boyfriends or spouses use social media to stalk their victims. In another situation, an online romance goes bad and the stalker uses personal information. Additionally, internet stalking can occur at random. Cyber stalking is 'a constellation of actions in which one person inflicts on another repeated unwelcome intrusions and communications.' Cyber stalkers might utilize email, social media, instant messaging, and online personal data to contact their victims[30].

Do not confuse social media stalking with cyberstalking. 'Doing research' on a prospective coworker or acquaintance by browsing their Facebook and Instagram accounts is harmless. Watching someone's social media is like delving inside their lives for free. Some ASEAN nations use tort law, while others have cyberstalking legislation. These laws are brand-new and may require revision. However, this legal trend makes cyberstalking a crime and raises public awareness. After Parliament approved the Protection from Harassment Act 2014, Singaporeans may fight Internet "trolls" legally. Online harassment, child bullying, sexual harassment in the workplace, and stalking are all illegal under this law. Malaysia does not have a law against cyberstalking. Cyberstalking offenses may be controlled under Section 233 of the Communications and Multimedia Act 1998 (improper network usage). Cyberstalking requires new laws to combat its heinous nature. Most ASEAN nations still use decades-old legislation to combat this threat.

Children Identity theft

According to the American Academy of Child and Adolescent Psychiatry, 60% of people between the ages of 13 and 17 use social media. A major problem is that children rarely read or comprehend their social media privacy settings. It is unknown what risks they pose by disclosing unnecessary personal information. A recent poll found that 20% of kids believe posting personal information and photographs online is safe. Kids like these are vulnerable to identity theft.

Stanley revealed that 25% of children under the age of 18 may be the victims of child ID theft or fraud. Social media, internet games, and applications solicit kids for personal information like their birthdates. Identity fraudsters may open credit accounts in a child's name with appropriate information. This theft may ruin children's credit history by the time they or their parents realize it. Although it may be necessary, most parents do not check their children's credit histories[31]. On the other hand, social media Websites help thieves and fraudsters find new methods to commit crimes. They've elevated conventional offenses. Additionally, criminals often brag about their crimes on social media, resulting in "Performance Crimes". One crime that has skyrocketed is identity theft.

Preteens (9–12) and early teens (13) face personal safety, identity theft, privacy problems, access to unpleasant and inappropriate information, social isolation, and mental health issues including melancholy, anxiety, and poor sleep.

Mental ill health, narcissism Emotional abuse and behavioral disorder

Emotional abuse is defined as "substantial and observable impairment of his mental or emotional functioning that is evidenced by, among other things, a mental or behavioral disorder, including anxiety, depression, withdrawal, aggression or delayed development" in Children and Young Persons Law Section 2 Subsection (3) (b). Numerous children's behavior and mental understanding are influenced by strong social media advertising. Due to site activity and demographic tracking, many are unaware they are individually targeted.

Social media addict youngsters spend hours a day browsing friends' and accounts' videos, photos, and more. This addiction disrupts academics, athletics, study, and other essential activities. Daily time waste causes poor grades. Social media addicts frequently check their feeds at school 100 times per day. Some kids find that too much social media decreases their mood. They also become defeatist[32].

Psychologists have long established that social media impairs kids' mental health. Children who spend more than 3 hours a day on social media are twice as likely to develop mental health difficulties. Virtual reality hinders emotional and social development. The effects on youth are stronger. According to the IZA Institute of Labor Economics, spending one hour a day on social media may cause depression in children. While some kids feel pressured to respond to friends' posts and messages, others fear being left out. Teens regularly check social media for updates from friends to make sure they don't miss jokes, activities, parties, or gossip. FOMO causes teenagers' social media addiction, anxiety, and unhappiness. From Australian Psychological Society research. FOMO drives teen social media use.

Selfies, Sharing own photos or video

Selfies gained popularity thanks to camera phones. Obsession with the self, snapping selfies every hour and uploading them on social media, and publishing constant updates on social media may also encourage narcissism in kids. When their social media photographs aren't liked, they grow anxious. To get a "cool" picture, some selfie addicts have killed themselves by climbing buildings, posing with exotic animals or weapons, or standing near moving vehicles like trains. Teens sometimes engage in risky behavior by video themselves doing ludicrous or hazardous tasks

for social media challenges[33]. Personal pages make youngsters more self-centered. Children who are still developing may believe that everything revolves around them. This may lead to dysfunctional emotional states, a lack of empathy, and isolation later in life. Dr. Seo said that because they share risk factors, smartphone addiction is similar to internet addiction. Teens who are addicted to the internet and smartphones have altered brain chemistry, according to Korea University. Teens need more sleep than adults do, so they might be hurt by using social media at night. Teens require 9.5 hours of sleep every night but only get 7.5, according to research. 80 Scientists observed that internet-addicted adolescents had higher GABA levels than non-addicted teens of the same age (with a mean age of 15.5), which caused sleepiness and anxiety.

POSITIVE EFFECTS OF SOCIAL MEDIA ON CHILDREN

There are significant reasons in favor of social media, even though its effects on youngsters are largely unfavorable. Children may join worldwide interest groups on social media. These may include support networks for disabled or medically ill teens, same-sex attracted teens, or youth from certain cultures[34]. There might be forums for hobbies, music, gaming, television, and other topics. Benefits of social networking for youngsters include:

- Younger generations should spend time on social media to develop technological skills for the future. It empowers kids to engage in society and gain the social skills of their generation in the digital age. They will also adjust to a large online social circle.
- Youth are making creative and useful use of social media. Kids and teens can learn from and express themselves artistically, connect with a wider audience, and socialize. Students are utilizing it to

organize study groups to quickly exchange ideas and learning material.

- Children's education has been altered by social networking. It now encourages pupils to learn from their classmates. Always engaging and offering feedback improves their learning process. Learning from one other is more exciting than from grownups. The primary sources of education are no longer teachers and parents. Social media is important to teens and young adults for more than just communicating. They are able to keep in touch with friends from sports teams, activity groups, and schools as well as network with others who share their interests.
- Social media increases empathy, consideration, and relationship-building. They express themselves by like or commenting on friends' photos, videos, and status updates. More individuals than ever get birthday wishes.
- Online communication helps kids develop long-term connections when they can't see each other.
- Kids' anxious social media pals respond strongly to virtual empathy. It boosts spirits and solves issues. Online empathy may teach kids compassion in real life.
- Social media allows young people to connect with others who share their interests. This may include hobbies or vocations related to music, art, gaming, and blogging. They are able to have a positive impact on their communities thanks to social networking groups. Fundraising and political arguments are examples.
- Social media lets kids connect with individuals from across the world, exposing them to new cultures and views. It broadens their outlook on life and people.

RESULTS AND OBSERVATIONS: MATERIAL AND METHODS

Research Design

Quantitative (survey) and qualitative (observation/interview) methods were used in the descriptive-analytical design of the study.

Sample

Variable	Description
Population	Middle school students aged 11–14
Sample size	600 students from public and private schools
Sampling technique	Stratified random sampling
Tools used	Structured questionnaire, observation checklist, interview with teachers and parents

Data Collection Instruments

There are 25 questions on the Behavioral Questionnaire that measure emotional, social, and intellectual behaviors. The purpose of use, content selection, and time spent are all measured by the Social Media Usage Scale. The Parental Mediation Index assesses online monitoring and communication.

RESULTS AND OBSERVATIONS:

Table 1: Average Social Media Usage Patterns

Parameter	Mean (hours/day)	% of Users	Behavioural Trend
Active educational use	1.2	45%	Positive learning impact
Passive scrolling	2.8	60%	Linked to distraction & anxiety
Night-time use	1.5	38%	Sleep disturbance observed
Creative sharing (videos, art)	1.0	32%	Enhances confidence & skills
Chatting/peer communication	2.0	65%	Promotes bonding but increases peer pressure

Interpretation: Over 60% of students use social media in a passive manner for more than three hours each day. Creative and educational platform users were more motivated and self-confident. Overworking at night led to fatigue and poor focus.

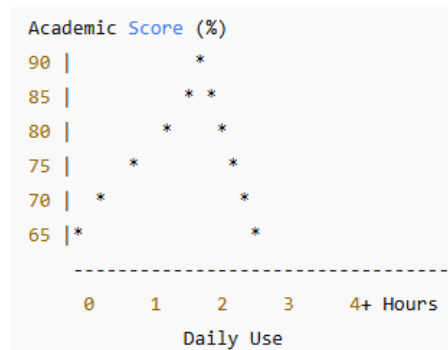


Figure 1: Relationship Between Time Spent on Social Media and Academic Scores

Explanation: The outcome demonstrates that using social media on a daily basis lowers academic achievement. Students spending over 4 hours/day scored 15–20% worse than those spending less than an hour.

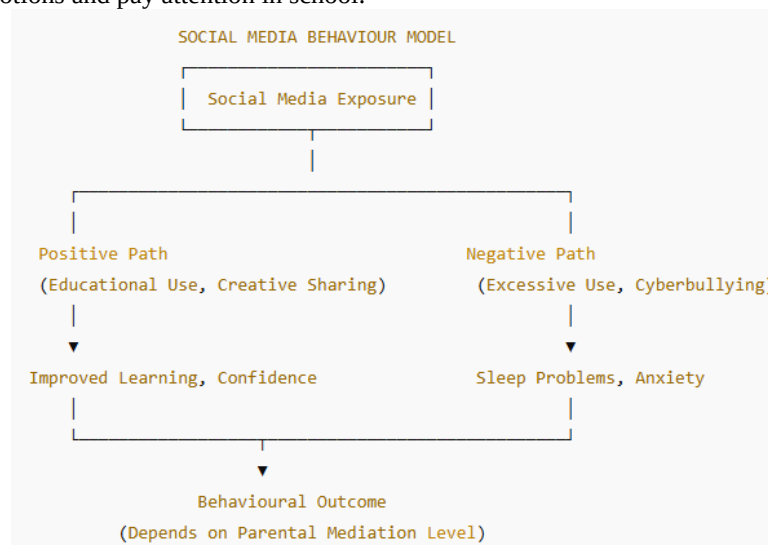
Table 2: Behavioural Impact Assessment

Behavioural Aspect	Positive Outcomes	Negative Outcomes
Emotional	Expressive skills, empathy	Anxiety, low self-esteem
Social	Peer communication, collaboration	Peer pressure, cyberbullying
Cognitive	Awareness, digital literacy	Distraction, multitasking habit
Academic	Access to educational videos	Reduced focus, procrastination
Physical	Hand-eye coordination (games)	Eye strain, sedentary habits



Figure 2: Parental Mediation and Behavioural Outcomes

Explanation: Children who had strong parental mediation (discussing internet use and limiting screen time) were better able to manage their emotions and pay attention in school.



RESEARCH ARTICLE

DISCUSSION

The investigation shows that social media's behavioral consequences vary by use quality, parental engagement, and peer environment.

Positive Effects:

- Increased creativity via online art groups and video content.
- Access to educational resources like tutorials and digital classrooms.
- Development of digital literacy and self-expression.

Negative Effects:

- Reduced focus, procrastination, and worse grades result from passive consuming.
- Cyberbullying and online comparison may cause mental discomfort and loneliness.
- Cognitive performance may suffer as a result of sleep deprivation caused by late-night use.
- Moderating Role of Parents:
- Advice and supervision from parents can greatly reduce exposure to harmful information and foster critical thinking.

CONCLUSION

According to a study, social media affects children's emotional, cognitive, social, and academic development. The use of social media by middle school students must be investigated objectively and scientifically due to its significance as a tool for creative learning and a psychological issue. Self-expression, digital literacy, and global connection all benefit from controlled, purposeful, and moderate use of social media. Children's motivation, social confidence, and awareness all increased as a result of online learning and creativity. When used effectively, peer-based and collaborative learning systems foster social empathy and communication. Overexposure without supervision is harmful. Sleep deprivation, anxiety, low self-esteem, and academic decline were connected to passive scrolling, inappropriate content, and late-night screen use. Cyberbullying, identity theft, online grooming, sexting, and mental illnesses were all identified in the study, particularly in the absence of parental supervision and legal safeguards. Despite progress, ASEAN countries fail to implement internet safety guidelines for children.

The research reveals that family mediation and school engagement influence appropriate online behavior. Children are better able to control their emotions and self-regulation when their parents talk to each other openly, limit screen time, and limit their use of digital devices. To encourage responsible engagement, schools must teach digital citizenship and ethical technology use. How, when, and why social media is used determines its power. The report advises collaborating

with parents, educators, legislators, and digital platforms to create a safe, inclusive, and instructive online environment for middle schoolers. Society may use social media for healthy growth and digital citizenship by developing awareness, empathy, and digital discipline.

A. Recommendations

- Stakeholder Recommended Action
- Parents Monitor online activity; establish screen-free hours; encourage open dialogue.
- Schools Introduce digital citizenship programs; promote responsible media literacy.
- Government Enforce child-protection filters and guidelines for age-appropriate content.
- Children Use platforms for learning and creativity; avoid harmful comparisons or excessive gaming.

B. Limitations

- Self-reported data, which might be biased, is the main emphasis of the research.
- The outcomes may differ on a global scale and are unique to middle schools in India.
- Longitudinal data are required to confirm causal links.

C. Future Scope

To better understand the dynamic nature of human behavior, researchers in the future may use experimental or longitudinal designs. If we integrate it with artificial intelligence-based parental monitoring apps and sleep trackers, we can learn more about the effects in real time.

REFERENCES

- [1]. Alim, S. (2016). Cyberbullying in the world of teenagers and social media: A literature review. *International Journal of Cyber Behavior*. 6(2). 68-95. Retrieved from https://www.researchgate.net/publication/304536995_Cyberbullying_in_the_World_of_Teenagers_and_Social_Media_A_Literature_Review accessed on 1 Sept 2018.
- [2]. Anderson, C. A., & Bushman, B. J. (2002). *Psychology: The effects of media violence on society*. Science, 295. n.pl: n.pb.
- [3]. Andrea Slane. (2013). Sexting and the Law in Canada. *Canadian Journal of Human Sexuality*. 22(3). n.pl: n.pb.
- [4]. Andrew V. Beale and Kimberly R. Hall. (2007). Cyberbullying: What School Administrators (and Parents) Can Do The Clearing House A Journal of Educational Strategies, Issues and Ideas, 81(1). n.pl: n.pb.
- [5]. Andy Brown. (2016). Regional Communication Specialist for UNICEF East Asia and Pacific. Philippines Department of Justice. UNICEF connect. 7 June 2016. <https://blogs.unicef.org/east-asia-pacific/safe-harm-tackling-online-child-sexual-abusephilippines/> browsed on 26 Aug 2018.

- [6]. Antheunis, M., Schouten, A. & Krahmer, E. (2016). The role of networking sites in early adolescents' social lives. *Journal of Early Adolescence*. 36(3). Accessed from <http://journals.sagepub.com/doi/abs/10.1177/0272431614564060> browsed on 26 Aug 2018.
- [7]. American Academy of Pediatrics. (2011). Clinical report – The impact of social media on children, adolescents, and families. Retrieved from http://web.mit.edu/writing/2012/July_Summary_Readings/Impact_of_Social_Media_on_Children_and_their_Families.pdf browsed on 31 Aug 2018.
- [8]. ASEAN RPA. (2013). ASEAN Regional Plan of Action of Elimination on Violence against children in 2013 (ASEAN PRA on EVAC) https://violenceagainatchildren.un.org/sites/violenceagainatchildren.un.org/files/document_files/asean_regional_plan_of_action_on_elimination_of_violence_against_children_adopted.pdf
- [9]. Australian Psychology Society. (2015). Teens suffer highest rates of FOMO. Media Release. 8 October 2015 at https://www.psychology.org.au/news/media_releases/8-Nov2015-fomo/ browsed on 25 Aug 2018.
- [10]. Azlan Othman. (2017). Cybercrime on the rise. *Borneo Bulletin*. 29 November 2017. Available at <https://borneobulletin.com.bn/cybercrime-on-the-rise/> browsed on 7 Aug 2018.
- [11]. Beranuy M., Carbonell X., Griffiths M. D. (2013). A Qualitative Analysis Of Online Gaming Addicts In Treatment. *International Journal of Mental Health and Addiction*, 11(2), 149–161.
- [12]. Bessier, K., Kiesler, S., Kraut, R., & Bonka, S. (2008). Effects of Internet use and social resources on changes in depression. *Information, Community & Society*, 11. n.pl: n.pb.
- [13]. Best, P., Manktelow, R., & Taylor, B. (2014). Online communication, social media and adolescent wellbeing: A systematic narrative review. *Children and Youth Services Review*. 41. n.pl: n.pb.
- [14]. Bonetti, L., Campbell, M. A., & Gilmore, L. (2010). The relationship of loneliness and social anxiety with children's and adolescents' online communication. *Cyberpsychology, Behavior and Social Networking*, 13. n.pl: n.pb.
- [15]. Committee on the Rights of the Child, Brunei Darussalam", CRC/C/BRN/2-3, 13 July 2015, [104] and The World Bank and International Centre for Missing & Exploited Children, "Protecting Children from Cybercrime: Legislative Responses in Asia to Fight Child Pornography, Online Grooming and Cyberbullying", 2015, pp. 73-76.
- [16]. ECPAT International. (2016). "Briefing Paper: Emerging Global Threats Related to the Sexual Exploitation of Children Online". Bangkok: ECPAT International. http://www.ecpat.org/wp-content/uploads/2016/05/Briefing-Paper_Emerging-globalthreats-related-to-the-sexual-exploitation-of-children-online.pdf
- [17]. East & Southeast Asia, The World Fact book, https://www.cia.gov/library/publications/the-worldfactbook/wfbExt/region_eas.html accessed on 9 Aug 2018.
- [18]. Everette E. Dennis, Justin D. Martin, and Robb Wood, Northwestern University in Qatar Conducted survey on Media Use In The Middle East 2017 http://mideastmedia.org/survey/2017/uploads/file/NUQ_Media_Use_2017_v18%20FINAL.pdf browsed on 25 Aug 2018
- [19]. Fadley Faisal. (2017). AGC warns youths of cybercrime, social media risks, *Borneo Bulletin*. 15 March 2017 <https://borneobulletin.com.bn/agc-warns-youths-cybercrime-social-media-risks/> browsed on 5 Aug 2018.
- [20]. Jon Russell@Jonrussell. (2017). Google: Southeast Asia's Internet Economy Is Growing Faster Than Expected. <https://techcrunch.com/2017/12/12/google-southeast-asias-internet-economy-is-growing-faster-than-expected/> browsed on 25 aug 2018.
- [21]. Hinduja S, Patchin JW. (n.d) State Sexting Laws: A Brief Review of State Sexting and Revenge Porn Laws and Policies. Available at <http://cyberbullying.org/state-sexting-laws.pdf> . Accessed 30 June 2018.
- [22]. Jon Lockett. (2018). RAPE FOR RENT Inside Philippines' £1bn 'made to order' child sex abuse industry making sick vids for pedophiles. *The Sun*. 27th July <https://www.thesun.co.uk/news/6868807/philippines-child-sex-abuse-vids-brit-paedos/> browsed on 25 Aug 2
- [23]. Jutta Croll. (2016). "Let's Play it Safe: Children and Youths in the Digital World-Assessment of the Emerging Trends and Evolutions in ICT Services" White Paper for the ICT Coalition for Children Online.
- [24]. Karen McVeigh. (2016). The Gaurdian. *Internation Edition*. June 2016. accessed on <https://www.theguardian.com/uknews/2016/jun/06/richard-huckle-given-23-life-sentences-for-abusing-malaysian-children> accessed on 3 Sept 2018.
- [25]. McMillan, E. (2015,). Rehtaeh Parsons case review finds system "failed." CBC News. Retrieved from <http://www.cbc.ca/news/canada/nova-scotia/rehtaeh-parsons-case-review> browsed on 25 Aug 2018.
- [26]. Nicole Spector. (2016). Just One Hour a Day on Social Media Makes Teens Miserable, at <https://www.nbcnews.com/business/consumer/just-one-hour-day-social-media-makes-t> browsed on 28 Aug 2018.
- [27]. UNICEF. (2016). Convention on the Rights of the Child. <http://www.unicef.org/crc/> . accessed on 2 Sept 2018.
- [28]. UNICEF. (2016). Child Helpline International's first report on its LEAP (Leadership in Activating and Empowering Child Helplines to Protect Children Online) project.

- [https://www.unicef.org/protection/files/LEAP_report_HI_and_UNICEF_\(final\).pdf](https://www.unicef.org/protection/files/LEAP_report_HI_and_UNICEF_(final).pdf)
- [29]. UNICEF. (2016). 'Parenting support interventions for violence against children in East Asia and the Pacific: Workshop report, Manila, Philippines, 7-9 June.
- [30]. Rayna Hollander. (2017). Southeast Asia could be a leader in mobile internet usage next year. Business Insider. 13 Dec 2017.
- [31]. Shareen Irshad and Tariq Rahim Soomro. (2018). Identity Theft and Social Media. IJCSNS International Journal of Computer Science and Network Security. Vol.18.
- [32]. Shelley Taylor. (2017). Smartphone Addiction May Cause Brain Imbalance. Daily Bulletin. Dec. 01, 2017 The RSNA 2017. Daily Bulletin is owned and published by the Radiological Society of North America, Inc., 820 Jorie Blvd., Oak Brook, IL 60523. At <https://rsna2017.rsna.org/dailybulletin/index.cfm?pg=17fri08> browsed on 31 Aug 2018.
- [33]. Simon Kemp. (2018). We are Social. The New 2018 Global Digital Suite of reports. <https://wearesocial.com/uk/blog/2018/01/global-digital-report-2018> browsed on 25 Aug 2018.
- [34]. Syazwani Hj Rosli. (2018). Brunei Darussalam continues to take the threat of cybercrime very seriously and undertake significant efforts to ensure the protection of the nation and its people. This was stated by Minister at the Prime Minister's Office Dato Seri Setia Awang Haji Abdul Mokti bin Haji Mohd Daud while delivering his speech at the opening of the 11th China-ASEAN Prosecutors-General Conference (11th CAPGC). Borneo Bulletin. 15 August 2018. <https://borneobulletin.com.bn/minister-calls-for-vigilance-against-new-cyber-threats/> browsed on 25 Aug 2018.