

# CWSF 2019 - Fredericton, New Brunswick



## Aiden Simard

### Adolescent Anxiety and Social Media

**Challenge:** Discovery

**Category:** Senior

**Region:** Western Manitoba

**City:** Brandon, MB

**School:** Neelin High

**Abstract:** My study 'Adolescent Anxiety and Social Media' demonstrates the detrimental effect social media has on adolescent stress and anxiety, through self-assessed cognitive scores, systolic blood pressure monitoring, and hormonal analysis. Since there has been a link identified, society can begin to be educated on the detrimental health risks associated with social media addiction, as well as begin to develop ways to combat this epidemic.

#### Biography

My name is Aiden Simard, and I am a grade 12 student in Brandon, Manitoba. When I'm not at school studying various mathematics and science related courses, I spend my free time as a competitive tap dancer and as a youth mentor. Tap is a large part of my life, so much so that I have traveled the world to places such as Germany and Vermont competing and developing my skills as a dancer. I also find leading the next generation to be very rewarding. Which is why I work and volunteer all over my community to provide underprivileged youth with a role model. In doing so, I enjoy volunteering at the local youth centre where I teach free dance lessons for children living in poverty. Beyond this, I also love researching important topics that are relevant in today's society; leading me to my current research topic on adolescent anxiety and social media. These are both concepts that everyone can relate to and I hope that my findings help contribute to the growing body of knowledge surrounding mental health. Continuing into post-secondary, I hope to continue researching mental illness, and help combat the growing epidemic that is adolescent mental health.

#### Awards

#### Value

Excellence Award - Senior - Bronze Medal Sponsor: Youth Science Canada	
University of Ottawa Entrance Scholarship Senior Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Ottawa	\$1 000
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
<b>Total</b>	<b>\$2 000</b>