

Y&R 2026 SEMINAR SERIES

9 December: Dr. Lara Schreurs, Assistant Professor

Social media and adolescents' wellbeing, when and how does social media literacy work?

Despite the general consensus that media literacy is crucial for adolescents to have positive experiences online, and despite the abundance of initiatives aimed at teaching it, these efforts do not fully deliver the outcomes we hope for. The question then becomes: why is that?

In this talk, Lara Schreurs will delve into this gap and explore how we should approach media literacy in research on adolescents' social media use, as well as what is needed from us as researchers to better understand and unravel this issue.

The talk will be situated within the work of the Media Psychology Lab at KU Leuven, which examines the effects of social media on adolescents' well-being across domains such as body image and mental health.



Dr. Lara Schreurs, Assistant Professor

Biography

Lara Schreurs (PhD, assistant professor, Media Psychology Lab, KU Leuven) studies the role of social media literacy in media effect processes. Specifically, she aims to explore the development of social media literacy through interventions as well as the effects of social media use on well-being and identity among adolescents.

 **9 December, 12:00 PM to 1:00 PM**

 **Parramatta South EZ.1.57 & online**

Lunch will be provided 