There are very few members of "Generation Z" that do not have at least one social media account. And unfortunately, the rates of eating disorders are increasing, especially in the Gen Z population. Are these two things related? I sought to answer this research question by performing a meta-analysis. Using PsycInfo and Google Scholar, I located 12 studies that provided effect sizes for the relationship between social media use and disordered eating (total sample size N = 25,320). Effect sizes were found in each study and were converted to Cohen’s d. A moderate relationship was found between the two variables (d = 0.70) such that people who use social media more have greater symptoms of disordered eating. The largest effect size (d = 2.25) was between FaceBook use and body dissatisfaction. This research is useful for parents, teachers, and counselors who work with the Gen Z population.