

Social Media & Youth Mental Health

WHAT YOU NEED TO KNOW

1 SOCIAL INTERACTION

SOCIAL INTERACTION IS KEY TO EVERY CHILD'S GROWTH AND DEVELOPMENT.

2 WRONG OR RIGHT?

IMPORTANCE IS PLACED ON THE "LIKES" AND "FOLLOWERS," WHICH CAN LEAD TEENS TO POST THINGS ABOUT THEMSELVES, TRUE OR NOT, THAT THEY HOPE WILL DRAW THE MOST ATTENTION.

3 IT'S NOT ALL BAD

TEENS ARE ABLE TO REACH OUT AND MEET A WIDE VARIETY OF PEOPLE FROM DIFFERENT BACKGROUNDS AND CULTURES. THEY ALSO INVESTIGATE THEIR DIFFERENT INTERESTS.

4 ADOLESCENCE IS WEIRD

DURING ADOLESCENCE, THE BRAIN IS NOT FULLY DEVELOPED. THE IMPACT OF IMMEDIATE GRATIFICATION IS HUGE! TEENS ARE COMPETING FOR "LIKES", "FOLLOWERS", "STREAKS", ETC. WHEN THEY AREN'T HIGH ENOUGH, IT CAN TAKE A TOLL ON MENTAL HEALTH. NOT TO MENTION, BEING BETWEEN AN ADULT AND A CHILD HAS YOU PULLED IN MANY DIFFERENT DIRECTIONS.

5 BULLYING

VICTIMIZATION, HARASSMENT, AND DISCRIMINATION AGAINST RACIAL, ETHNIC, GENDER AND SEXUAL MINORITIES IS FREQUENT ONLINE AND OFTEN TARGETED AT YOUNG PEOPLE. THEY ARE MORE LIKELY TO REPORT HIGHER SUICIDE LIKE BEHAVIORS THAN OTHER TEENS.

6 COMPARING

COMPARING BODY TYPES, WEALTH, ATHLETIC ABILITY, ETC. IS VERY COMMON. IF NOT CHECKED, IT CAN BECOME DAMAGING TO YOUR MENTAL HEALTH. THIS CAN LEAD INTO EATING DISORDERS AND DEPRESSION.

7 SLEEP

KIDS ARE LOSING SLEEP BECAUSE THEY ARE SCROLLING MINDLESSLY OR WATCHING VIDEOS. RIGHT NOW IS THE TIME FOR THEM TO GET THE MOST SLEEP FOR BRAIN DEVELOPMENT.

8 IT NEVER GOES AWAY

WHATEVER IS POSTED IS THERE FOREVER. EVEN SNAPCHATS. TEENS, AND EVEN SOME ADULTS, DON'T REALIZE THAT ALL DATA IS STORED ON SOME SERVER OR IN A CLOUD. SNAPCHATS MAY DELETE ON YOUR PHONE, BUT THEY STAY IN THE CLOUD.

SCREENSHOTS ARE ALSO DANGEROUS. EVERYTHING CAN BE MADE INTO A SCREENSHOT AND DISTRIBUTED.

QUICK FACTS

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HELPFUL HINTS

DO: ASK OPEN-ENDED QUESTIONS

FOR EXAMPLE:

- WHAT DO YOU SPEND THE MOST TIME DOING ON SOCIAL MEDIA THESE DAYS?
- HOW DO YOU FEEL WHEN YOU'RE USING YOUTUBE? TIKTOK? SNAPCHAT?
- HOW DO YOU THINK SOCIAL MEDIA IS DIFFERENT FOR TEENS VS. ADULTS?
- WHAT SHOULD ADULTS KNOW ABOUT TEENS' SOCIAL MEDIA USE?
- HOW HAS SOCIAL MEDIA AFFECTED YOUR FRIENDS' MENTAL HEALTH?

DO: VALIDATE THEIR FEELINGS

FOR EXAMPLE:

IF YOUR CHILD HAS TOLD YOU THEY FEEL UGLY AFTER SCROLLING THROUGH SOCIAL MEDIA, TRY THESE QUESTIONS:

- WHAT ARE SOME OF THE THINGS PEOPLE DO TO CHANGE HOW THEY LOOK ON SOCIAL MEDIA?
- HOW OFTEN DO YOUR FRIENDS LOOK DIFFERENT IN SCHOOL THAN THEY DO ON SOCIAL MEDIA?
- HOW MANY "INFLUENCERS" DO YOU THINK LOOK LIKE THIS IN REAL LIFE?

 MeetMe - Dating app that allows users to connect with others based on geographic location	 Badoo - Dating and social media app for sharing photos and videos	 Holla - Video chat app that allows users to meet people all over the world
 Grindr - Dating app geared towards LGBTQ community that uses phone's GPS location to find others	 Bumble - Similar to Tinder, but requires females to make first contact	 Whisper - Anonymous social network that promotes sharing secrets with strangers
 Skout - Location-based dating app that lets users share private photos	 Snapchat - Photos and videos shared to the app typically disappear within 24 hours	 Ask.fm - Encourages users to allow anonymous people to ask them questions
 WhatsApp - Messaging app that allows users to connect worldwide	 Kik - Anyone can contact and direct message other users on the app	 Calculator - One of many secret apps that is used to hide photos, videos and browser history
 TikTok - Popular app for kids that allows users to create and share short videos	 LiveMe - Streaming video app that broadcasts users exact location	 Hot or Not - Users can rate profile photos and chat with strangers

www.BeauBidenFoundation.org/15Apps

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